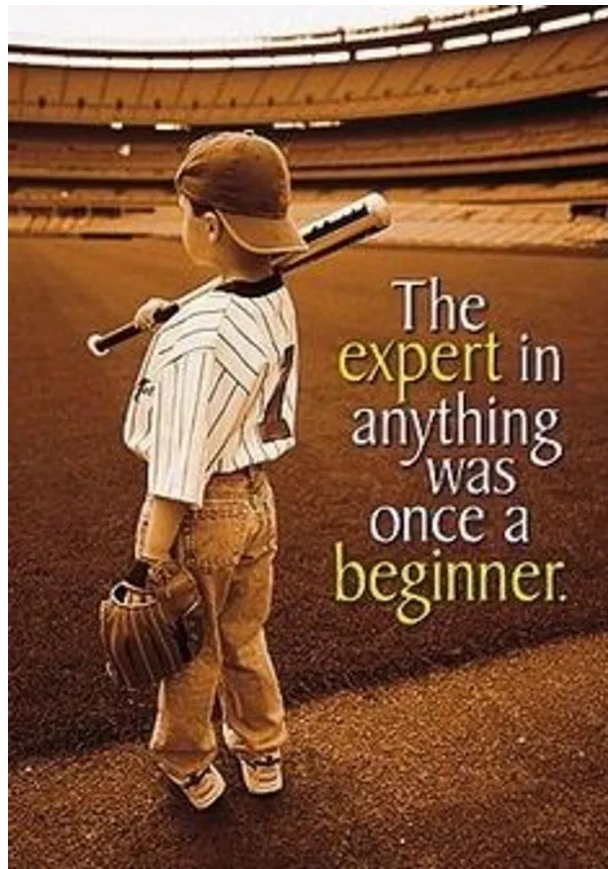




EDLEFSEN BASEBALL

LONG TERM ATHLETIC DEVELOPMENT PLAN

**CHANHASSEN BASEBALL
ASSOCIATION
CONDITIONING, TRAINING
AND WORKOUTS**



“A ballplayer spends a good piece of his life gripping a baseball, and in the end, it turns out that it was the other way around all the time.”

— Jim Bouton, Former Major League Pitcher and Author



EDLEFSEN BASEBALL

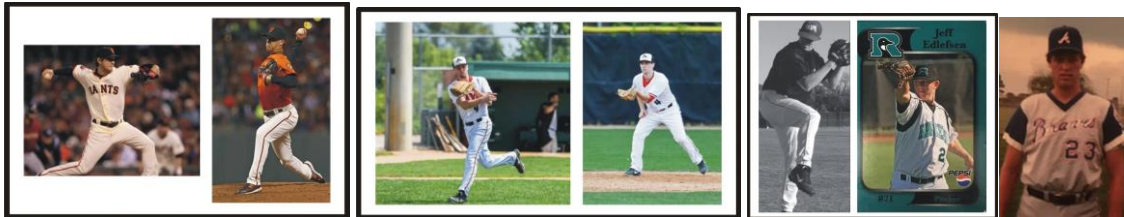
BRAD EDLEFSEN: Played collegiately at the University of Wisconsin - Madison, University of Montevallo - Alabama and The Valley League in Virginia. Professionally, pitched for the Atlanta Braves Organization.

STEVEN EDLEFSEN: Played collegiately at Barton County Community College, Nebraska, and the Northwoods League. Professionally, originally drafted by the Boston Red Sox as a switch-hitting shortstop, Steven pitched for the San Francisco Giants, winning a World Series in 2012, The Caracas (Venezuela) Leones, and with the Los Angeles Dodgers. Currently plays Townball for the Chaska Cubs.

MICHAEL EDLEFSEN: Played collegiately at Barton County Community College, Fort Hays State-Kansas, and The Northwoods League. Currently plays Townball for the Chaska Cubs.

JEFF EDLEFSEN: Played collegiately at Barton County Community College, University of Texas-Arlington and, The Northwoods League

Edlefsen Baseball coaches and trains at all age levels with participants in Metro Baseball, Gopher State, National AAU, USSSA Baseball and Minnesota State Amateur Baseball. Many students have gone on to play at the college and professional levels. Our instruction provides comprehensive training in hitting, throwing, pitching, position specific fielding, base running, game strategy and mental approach. We also assist in the recruiting process.



Contact Us:

Brad Edlefsen

612-810-3295

Brad@edlefsenenterprises.com

Steven Edlefsen

952-250-8409

stevenedlefsen@gmail.com

<https://bradedlefsen.com/edlefsen-baseball-academy>



EDLEFSEN BASEBALL

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THE EDLEFSEN BASEBALL ATHLETIC DEVELOPMENT PROGRAM

The Edlefsen Baseball Athletic Development program is designed to be baseball specific with an emphasis on the athletic qualities of speed, multi directional speed, flexibility/mobility, and functional strength.

Training for improved baseball performance presents some unique demands because of baseball's distinctive athletic requirements.

PHILOSOPHY

The game of baseball demands speed, strength, specific endurance, power, balance, core strength, hand/eye, and hand/foot coordination. To improve these qualities, it is necessary to build from the ground up by developing strong explosive legs, followed by a strong and stable core.

GOALS OF THE PROGRAM

- To establish a daily routine of training. It is imperative you make conditioning a part of your daily routine in both the off-season and in-season
- Injury prevention. A fit player will be less likely to be injured, and if he is injured, he will recover more quickly
- Strive for a balanced muscular development in the strength training program. By balance we mean between the front and back of the body and right and left side of the body with the muscles strengthened, as they are needed for optimum performance in baseball. Baseball is not a game for body builders, so the emphasis is on functional strength not appearance.
- To improve the range of motion of the joints without compromising joint integrity
- Improve core strength. The strength of the abdomen, low back, and hip/pelvic girdle will allow you more effectively transfer the force generated by the legs to the shoulder and arm for the force application.
- To help everyone know and understand their strengths and weaknesses to help them accelerate their development

WARM-UP & PREPARATION

A proper warm-up will set the tempo of your workout and it will:

- Raise the core body temperature in to increase blood circulation to the muscles, therefore reducing the possibility of injury.
- Raise the heart rate in preparation for the activity to follow.
- Raise the level of activation of the nervous system, which will result in the body being ready for the activity to follow

The warm-up is an active and dynamic warm up that should be done in sequence for maximum benefit.

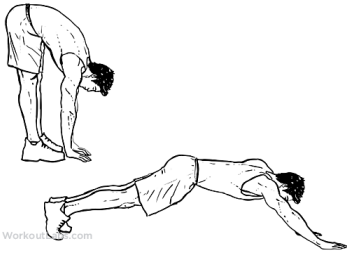
EASY RUN

Run for 2 – 5 minutes to raise core temperature (break a sweat)

CRAWLING

1. Start in pushup position.
2. Keep knees straight and take small stepsrotating around the ankle joint toward the hands.
3. Walk forward as far as possible.
4. Go up on fingertips.
5. Do for five yards.

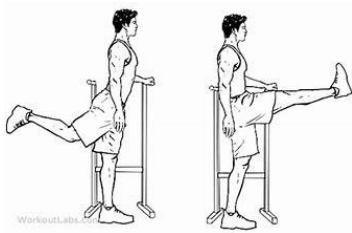
INCHWORM CRAWL



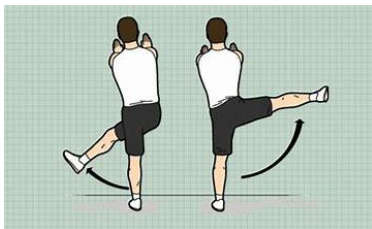
SPIDERMAN CRAWL



LEG SWINGS (FLEX AND EXTEND)



LEG SWINGS (SIDE)



LUNGE AND REACH SERIES

LUNGE AND REACH UP

FRONT LUNGE



SIDE LUNGE



ROTATIONAL LUNGE

(rotate core to left then right – switch legs repeat)



LUNGE AND REACH OUT

Same Lunges (front lunge, side lunge and rotational lunge) with arms straight out



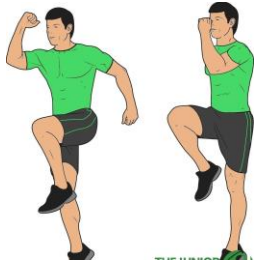
LUNGE AND REACH ACROSS

Same Lunges (front lunge, side lunge and rotational lunge) with arms down and reaching out and across



COORDINATION

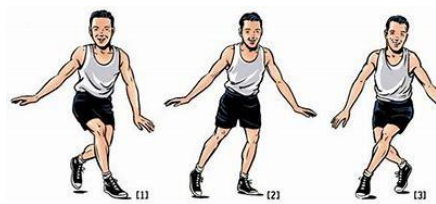
SKIPPING – 2 x 30 yards



SIDESTEP – 2 x 30 yards (lead with right foot turn then lead with left foot)



CARIOCA – 2 x 30 yards



BACKWARD RUN – 2 x 30 yards



HIGH SKIP – 2 x 30 yards



WARM UP EMPHASIS -There are three basic warm-ups, each with a specific emphasis:

#1 RUNNING SKILL

- Two 60-yard runs at 80% emphasizing hips tall posture
- Two 60-yard runs at 75% emphasizing arm action
- Two 60-yard runs at 80% emphasizing leg action
- Two or four bounds into a run for 30 yards
- Six 80-yard runs (2 at 80%, 2 at 85%, and 2 at 90%)

#2 MULTIDIRECTIONAL SPEED

- Run a serpentine pattern with gentle curves. Two times thirty yards.
- Zig Zag Run – Run at a 45-degree angle, plant the right foot, and drive off to the left for five yards. Repeat alternating driving off right and left for thirty yards
- 360's – Every five to eight yards turn 360-degrees and continue running. Alternate turning to your right and to your left for 30 yards. Repeat twice.
- Backpedal into a sprint – Backpedal for 15 yards then turn and sprint 15 yards
- Line touches – Alternate touching the right hand then left hand every five yards for thirty yards. Repeat twice

#3 CONTINUOUS WARM-UP

- The continuous warm-up combines elements of Warm-up #1 and #2 except that they are done continuous for a prescribed period. If done properly the warm-up should take between 15 – 20 minutes

Cool Down

- This is an overlooked part of the workout because of the rush to the end of the workout. This should consist of a 2-to-3-minute easy run and extensive stretching and loosening. This is the part of the workout where stretching should be emphasized. This will help you to recover more quickly and reduce soreness and residual fatigue.

FLEXIBILITY AND MOBILITY EXERCISES

Stretching is not warm-up. You must Warm-up to stretch. Flexibility is part of each day's workout. It is very important component of performance, which must be trained properly. After a workout is the best time to make flexibility gains. That is when you are warm. Spend at least 15 minutes daily going through flexibility routine as part of your cooldown. Stretching at the end at the end of the workout will restore the muscles to their length and help alleviate soreness.

STRETCHING PROCEDURE

In warm-up it is counterproductive to hold the stretch. The stretch should be active. The tempo of the stretch should be: Stretch, hold the stretch for one count, then relax - Repeat these two or three times at each position.

The cooldown is the time to hold the stretch. We recommend that you hold end position for up to twenty seconds. Repeat each stretch two times.

THREE POSITION HAMSTRING STRETCH (TOE OUT / TOE UP)



HIP FLEXOR STRETCH (PSOAS MUSCLE)



ADDUCTOR STRETCH (GROIN)



QUADRICEPS STRETCH



CRUCIFIX STRETCH – PRONE

1. Lay flat on back with arms straight out to the side.
 2. Bring right leg over to left hand.
 3. Keep right leg straight.
 4. Keep shoulders flat on ground.
- Alternate five repetitions to each side



CRUCIFIX STRETCH – SUPINE



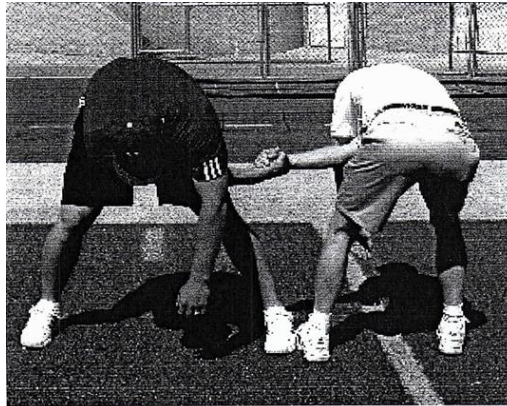
PRETZEL – CROSS LEG OVER LEFT – CROSS LEFT LEG OVER RIGHT



LAT STRETCH (can be done with 2 people with second person holding hands and doing the stretch)



PEC STRETCH



STRENGTH TRAINING

Our primary goal is balanced development of the muscles that are used in baseball. It is important to understand the mechanics of performing each exercise before you begin. We are not interested in developing body builders. We are interested in developing functional strength that will apply to the game. Strength is the basis for speed and power. The program is essentially training the nervous system to be more explosive. The muscles are slaves of the brain; therefore, we must provide quality input to get quality output. It is also important to think in terms of movement, not muscles. Baseball has certain movements that are repeated many ways. The key is to strengthen those patterns of movement.

There are three key factors in developing strength and power:

MUSCULAR HYPERTROPHY: (enlargement of muscle fibers):

This training consists of volume training with higher repetitions and a greater number of sets at moderate weight s. It also consists of shorter recovery between sets. This is essentially bodybuilding work.

NEUROMUSCULAR RECRUITMENT OF FIBERS:

This consists of teaching the nervous system to recruit as many fibers as possible and have each one fire at maximum rate. It consists of quality training with fewer sets, reps, and heavier weights. There is longer rest between sets. Much of the program emphasizes this type of training.

BALANCED NUTRITION AND RECOVERY:

Are just as important as the workouts. Without proper rest and diet, you will not achieve maximum benefit from the workouts. It is important to have well balanced nutrition that is low in fat but high in complex carbohydrates.

STRENGTH TRAINING PHASES

1) FOUNDATION PHASE

Goals:

Increase muscle mass

Reduce body fat

Raise work capacity to insure of the quality of the more intense specific work to follow

Sets: 3 – 6 Reps: 8 – 20

Rhythm: Moderate

Intensity: Low

2) STRENGTH PHASE

Goals:

Raise basic strength levels

Raise intensity - the amount of weight lifted

Maintain a certain amount volume

Sets: 3 – 5 Reps: 4 – 6

Rhythm: Slow

Intensity: Medium

3) POWER PHASE

Goals:

Raise basic power levels

Raise Intensity

Raise speed levels

Sets: 3 – 5 Reps: 2 – 6

Rhythm: Explosive and Varied

Intensity: Medium to high

4) TRANSFER / SHARPENING

Goals:

Bring strength levels to the highest peak

Raise speed levels

Set s: 1 - 3 Reps: 1 - 8

Rhythm: Explosive and fast.

Intensity: Medium to high

STRENGTH TRAINING TERMINOLOGY

POWER: This is the primary goal of this program. Power = Strength x Speed

PRIME MOVER: The muscle responsible for movement.

SYNERGIST: The muscles that assist the prime mover.

STABILIZER: The muscles that hold the body in position so that the prime mover and the synergist can work together.

REPETITION (REP): How many times you do a particular exercise.

SET: The number of repetitions of a particular exercise.

SUPER SET: Two exercises for opposing muscle groups done back-to-back without rest.

GIANT SET: Three or more exercises for the same body part performed back-to-back without rest.

EMPHASIS: That area is emphasized in the workout. For example, if the workout has a leg emphasis that means there will be five to eight sets dedicated to leg strength. Within the emphasis there also can be special attention given to a exercise, which means that most of the workout is devoted to that exercise.

FORCED: Rep: Having a partner provide just enough assistance to allow you to complete reps you would not normally be able to achieve.

REST: Proper recovery is important to get optimum benefit from, (the exercise. 1 ½ min between sets of the same exercise. 3 - 4 minutes between exercises. Be sure to always have a spotter for safety. · · ·

RHYTHM (SPEED OR TEMPO OF MOVEMENT): The speed at which the exercise is performed. There are six speeds: 1) Very Slow 2) Slow 3) Moderate 4) Fast 5) Varied 6) Explosive.

ISOMETRIC: No movement. Holding tension at a set position for 6 to 12 seconds.

ECCENTRIC: The action of lowering the weight. To emphasize this phase the movement should take 6 - 10 seconds.

OVERLOAD: You must do more work than you are used to make progress. Constantly strive to increase the amount of weight lifted, get that additional set or rep. That is how gains are made.

Circuit: A series of exercises designed to be done in a specific sequence one exercise at a time. For example, a leg Circuit consists of Squat, Lunge, Step-up, and Jump Squat done in the order. .

Exercise Sequence (Order): Each workout has been designed in a set order. You must follow this order for optimum results. Do not skip around. Start with the first exercise and complete that exercise before starting the next exercise. The only exception would be if it were a circuit workout. The program has been designed to work large muscles first beginning with the lower body. .

STARTING WEIGHTS AND PROGRESSION

The most frequently asked question when starting a weight training correct starting weight is through trial and error. If it is too light, then you should add weight. If it is too heavy, then you should decrease the weight. The basic rule of thumb is that reps determine load. Lower reps will demand a higher load, higher reps will dictate lighter weight. Any limitation in technique will limit the amount of weight you are able to use. Always use a weight that allows you to move the weight at the required speed with correct technique.

The program is designed for you to reach your optimum strength levels by the start of Spring Training and build on those strength levels during the season. You will know that the weight is correct if you are able to get the prescribed number of repetitions while moving the bar • at a good, controlled speed. The last two or three reps of the last set should be the most difficult. As soon as the weight becomes too easy you must add weight.

1. The goal of your first week of workouts is to find the correct weights and learn the technique of the exercises.
2. For the smaller muscle groups of the arms and shoulders we recommend you progress in five-pound increments.
3. For the larger muscles of the torso, you should progress in ten-pound increments.
4. For the large muscles of the legs, progress in twenty-pound increments.

Forearms should always be worked last because:

1. They are involved in almost all other upper body exercises, so you run the risk of injury by a weakened grip from fatigue.
2. A wrist destabilized by tired forearm muscles is more prone to injury.

LOWER BODY EXERCISES

SQUAT

This is the foundation exercise for the development of the hip and leg muscles essential in sprinting, throwing, and hitting. It is the most important exercise of our program. A wider stance will put more emphasis on the glutes and the hamstrings; a narrow stance will put more stress on the quadriceps.

MECHANICS:

1. Start with the bar resting comfortably across the shoulders with the load distributed over the back.
2. Head and eyes should be focused straight ahead. Chest is out. Shoulders are back.
3. Feet are flat on the ground and shoulder width apart or wider. Toes should point out slightly.
4. Inhale deeply as you begin, squat down slow and under control by flexing at the hip first, then bending the knee and ankle until the thighs are parallel to the floor.
5. Keep the back straight throughout the lift.
6. Keep your weight back on your heels

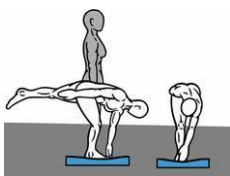


SQUAT & TOUCH

To develop unilateral leg strength and balance

MECHANICS

1. Start by balancing on one leg (lead leg) with the other leg (free leg) off the ground. Stand tall.
2. Lower yourself by flexing at the ankle, knee, and hip. With the opposite hand of the foot, lower yourself and touch the ground. For example, if balancing on the left leg, then the right hand should touch the ground.
3. Extend at the hip, knee, and ankle back to the starting position before repeating for the next repetition.

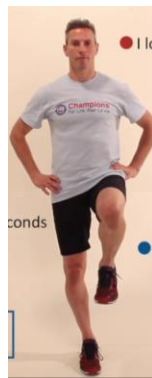


SINGLE LEG SQUAT

The fundamental exercise to develop unilateral leg strength. Essentially the game is played on one leg.

MECHANICS

1. Stand on the ground with the body weight supported on one leg. (Hands on the hip) Use the wall for a balance if necessary.
2. Lower your body by first flexing at the hip, then the knee, and then the ankle until the thigh is parallel to the floor. Keep your weight back on your heel and NOT forward on your toes. The free leg (Non-squatting leg) should remain bent throughout the movement.
3. Once the thigh is parallel, drive your hip up until the leg is fully extended at the hip, knee, and ankle.



LEG PRESS

To develop and strengthen quadriceps, hamstrings, and adductor

MECHANICS

- 1) Place your feet shoulder width apart.
- 2) Lower your weight by flexing your knees until you feel a full stretch in the hamstrings and the quads.
- 3) Control the weight on the way down
- 4) Extend the legs by driving the weight back up to the starting position. Stop just before the knees lock out.



LUNGE

To strengthen the hips, groin, and hamstring

MECHANICS

1. Stand with hands at the hips and feet parallel. Take step out if you are tall contacting the ground heel first.
2. As the foot makes contact lower your hips until the top of the thigh is parallel with the floor and the shin of the front lower leg is perpendicular to the floor
3. The back leg should be straight. Do not touch the back knee to the ground
4. Drive off the floor back into the starting position. Then repeat the same movement with the opposite leg.
5. The torso should remain erect throughout the exercise



LOW BOX STEP UP

To develop the extensor of the hip, knee, and ankle. Emphasis is on triple extension of these joints to develop explosive power.

MECHANICS

1. Use a 12-to-15-inch box or a bench. Step up on the box with one leg. Drive upward into the air with the leg that is on the box. As you descend, quickly switch to the opposite leg as you land back on the box.
2. The opposite leg now becomes the step-up leg. Repeat the same procedure.
3. Keep a tempo of one step up per second.
Emphasis should be on the leg that is on the box pushing up and off the box. DO NOT use the trail leg or supporting leg to push off the ground
4. Keep the upper body erect, eyes focused straight ahead



HIGH STEP UP

To develop the extensor of the hip. Key exercise to strengthen hamstring

MECHANICS

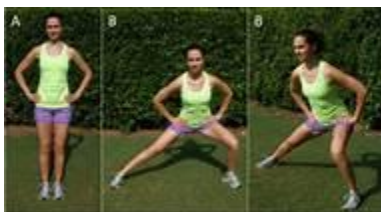
1. Use an 18-inch box. Start with one leg on a box or bench. Place one leg on the box and extend until the leg is fully extended at the hip, knee, and ankle. The trail leg should hang slightly off the box.
2. Without switching legs, lower back down until the free leg touches the ground with the toe, then drive back up onto the box with the same leg
3. The emphasis is on the leg on the box, drive, and push (by extending the hip, knee, and ankle) off the box. Do not let the trail leg fully land on the ground. Do not use the trail leg to push off the ground.
4. Keep the upper body erect, eyes focused straight ahead.



LATERAL LUNGE (To strengthen the hips, adductor, and glutes)

MECHANICS

1. Posture is the same as the lunge. The difference is that the movement is out of the side.
2. Take a step out to the side with the foot pointed straight ahead
3. As the foot contacts the ground lower your hip until the thigh is angled to the floor and the shin of the front leg is perpendicular to the floor.
4. The opposite leg should be straight throughout the movement
5. Drive off the floor back into the starting position. Then repeat the same movement with the other leg.
6. The torso should remain erect throughout the exercise.

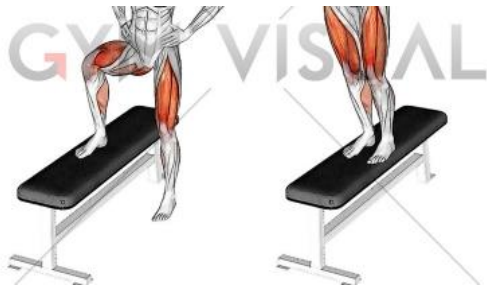


LATERAL STEP UP

To strengthen the muscles needed for moving laterally.

MECHANICS

1. The movement is the same as the low box step up with the exception that the movement is side to side.
2. Use a 12-to-15-inch box or a bench. Start with a foot on the box on either side of the box or bench. Drive upward and out toward the other side of the box. As you descend on the other side of the box, quickly switch to the opposite leg as you land back on the box. Then repeat the same procedure back toward the other side.
3. Keep the hip square to the front as the movement is side to side. The emphasis should be on the top or lead leg that is on the box pushing up and off the box.
4. Keep the upper body erect and eyes forward.



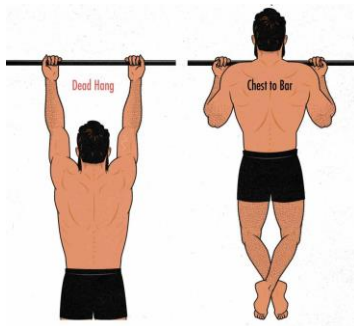
BACK EXERCISES

PULL UP

To develop and strengthen the upper back

MECHANICS

1. Grip the bar with hands shoulder width apart or wider with an overhand grip (palm facing away from the body).
2. Pull your body up until the chin is over the bar.
3. Lower your body back down in a controlled manner. Allow yourself to be fully extended at the arms.



INCLINE PULL UP

To develop the upper back

MECHANICS

1. Use a bar. Placed securely in a rack. Set the height of the bar so that you can hang from the bar with the arms fully extended.
2. Grip the bar with hands shoulder width apart or wider with an overhand grip (palm facing away from the body).
3. Pull your body up until the chin is over the bar.



FRONT PULLDOWN

To develop and strengthen the upper back

MECHANICS

1. Using an overhand grip (palms facing away from your body), grip the bar with hands shoulder width apart or wider.
2. The body should incline back at a slight angle.
3. Initiate the movement by retracting the shoulders back. Drive your shoulders and elbows back and down. Squeeze the shoulder blades together.
4. Pull the bar until it touches the chest. Then return the bar back to the start position (Allow yourself to get a full stretch as the weight returns to the start position):



REVERSE GRIP FRONT PULLDOWN

To strengthen the Serratus Anterior

MECHANICS

1. Use an underhand grip (palms facing toward your body). Grip the bar with hands shoulder width apart or narrower.
2. The body is a bit more upright.
3. Initiate the pull by driving the elbow down and back.
4. Pull the bar down until the bar and the hands are at the chest.
5. Return the back to the start position. Again, allow the arms to fully stretch as the weight returns to the start position.



DUMBBELL ROW

To strengthen the mid and upper back

MECHANICS

1. Start with the same leg and same arm on the bench for support. Have your leg out wide or in a good balance position.
2. Let the dumbbell hang straight down in front of you. Keep your back tabletop flat by tucking your abdominal and arching your back.
3. Initiate the pull with the dumbbell by retracting the shoulder. Pull the elbows up and back. Bring the dumbbell up to your hip (the motion as if you were sawing a piece of wood).
4. Return the weight back to starting position in a controlled manner.



BENT ARM PULLOVER

This is a very important upper body exercise for baseball. In one motion it trains all the major accelerator muscles of the upper body.

MECHANICS

1. Use a dumbbell or an EZ Curl bar.
2. A narrow grip is used to minimize stress on the shoulder.
3. Lower the weight back over the head with arms bent.
4. Keep elbows as close to the head as possible.
5. During the lowering phase of the weight inhale. Exhale when returning the bar back up to the start position.
6. Lower the weight until you feel a full stretch then return the weight back to the starting position.



RHOMBOID

To strengthen and develop mid back and posterior deltoids

MECHANICS

1. Using a neutral grip (with both palms facing each other) keep the arms bent (imagine you are hugging someone).
2. Initiate the pull by retracting the shoulder blades and driving the elbow up and back (the movement is very small).
3. Return the weight back to starting position

ARM STEP-UP

To strengthen the muscles that stabilize the scapula and the core muscles

MECHANICS

1. Use a four-inch-high box or step.
2. Start in a pushup position (front Support) position with the hands placed near the front edge of the box.
3. Place one hand up onto the box followed by the other hand. Then reverse the action until both hands are back on the ground.



UPPER BODY EXERCISES

PUSH UP

The most basic body weight exercise to develop the muscles of the chest, shoulders, and arms.

MECHANICS

1. Start in a front support position, with the hands at shoulder width.
2. Keep the abdominals tight throughout the movement.
3. Fully extend the arms
4. For variation execute the exercise on a balance board



INCLINE PUSHUP

MECHANICS

1. The execution is like the push up it is performed on an incline.
2. Use a bar in a rack or a bench to make an incline
3. Hand placement can be pronated or supinated



STRAIGHT BAR BENCH PRESS

This is the most fundamental upper body exercise. This exercise develops the muscles of the chest as well as the arms and shoulders. This exercise can receive too much emphasis and have very negative effects by creating muscle imbalance. Dumbbells are preferable over a straight barbell because of the increased range of motion.



DUMBBELL BENCH PRESS

MECHANICS

1. Use an over the hand grip (palm facing away from you). Start with the arms straight up and over the chest. In a control manner, lower the dumbbells to the chest level until a full stretch is achieved.
2. Drive the arms up until fully extended
3. Remember the movement is straight up and down
4. Control the dumbbells



DUMBBELL BICEPS CURL

To strengthen and develop the biceps.

MECHANICS

1. Stand with feet shoulder width apart, knees slightly bent.
2. Hold dumbbell in both hands with palm facing outward.
3. Curl the dumbbell up to shoulder height and slowly return to the starting position.
4. Do not swing the weight.

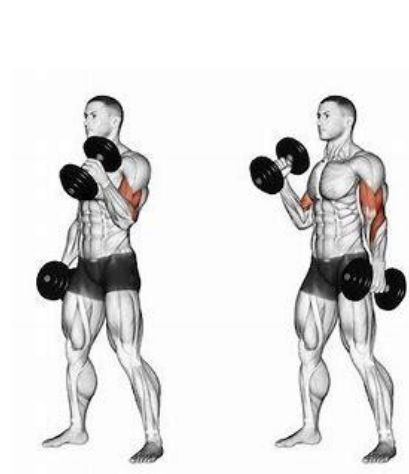


HAMMER CURLS

To Strengthen the biceps and the forearms

MECHANICS

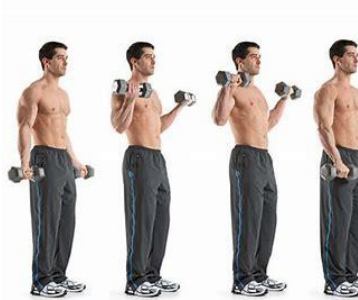
1. Stand with feet shoulder width apart, knees slightly bent.
2. Hold dumbbell in both hands with palm facing outward.
3. Curl the dumbbell up to shoulder height and slowly return to the starting position.
4. Do not swing the weight.



ZOTMAN CURL

To strengthen the biceps and the muscles that pronate the forearms

1. The execution is the same as the dumbbell curls.
2. Using a neutral grip, alternately curl the dumbbell up to shoulder height.
3. When lowering the dumbbell, the forearm is turned inward toward the body, and the palm is facing toward the ground.



TRICEPS EXTENSIONS

To develop and strengthen the triceps

MECHANICS

1. Grab the bar of the Lat pull down machine with an overhand grip (palms facing down).
2. Keep the elbows in tight to the body and push down until the arms are fully extended.
3. Controlling the weight, return the bar to starting position.



PITCHER SPECIALS

THE SWIMMER

Using light dumbbells lie face down on a bench with the arms extended back at hip level with the thumbs up. Bring the hands forward and extend them out and down in front. Return to starting position and repeat. The exercise should be done at a controlled tempo.



FRONT CROSS

Lying on your back on a bench with the arms extended straight out in line with the ears with the thumbs down. Bring the arm overhead while crossing the arms and rotating the hands until the thumbs are down touching the opposite hip. Use lighter dumbbells.



HUGGER

Lie on your back on a bench with the arms folded across your chest. Unfold the arms until the arms are fully extended at the sides with the palms up. Return to the starting position under control.



REMIDEAL SHOULDER EXERCISES (RSE)

To develop and ensure joint stability and strengthen the muscles that help stabilize the shoulder. Because these exercises use very small muscles it is not necessary to use very much weight to gain the overload necessary to gain strength. The key is to pick a weight that allows you to go through the full range of motion without straining.

LATERAL RAISES

Start lying on a bench with the arms hanging straight down. The palms of the hands should be facing each other. Raise the arms directly to the side while rotating the arms outward until the hands are shoulder height and even with the shoulder. Hold the end position for two counts and the thumbs turned up. Slowly (under control), return to the starting position. It should take you twice as long to lower the weight as to raise the weight.



POSTERIOR RAISE

Start lying on the bench with the arms hanging straight down. The palms of the hands should be facing each other. Raise the arms directly back while rotating the arms outward until the hands are hip height. Hold the end position for two counts with the thumbs turned up. Slowly (under control), return to the starting position. It should take twice as long to lower the weight as to raise the weight.



(Thumbs Up)

EXTERNAL ROTATION

Side lying on bench with the top arm bent at ninety degrees externally rotate the arm and slowly return the arm back to starting position.



SUPRA RAISE

Lying face down on a bench with the arms extended out approximately forty-five degrees from the body. With the thumbs down slowly lower and raise the weight.



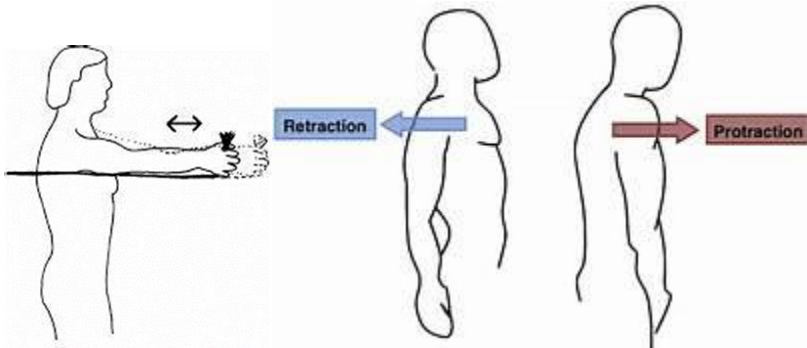
SHOULDER SHRUG

Shrug the shoulder up to the ears and rotate the shoulders back. Repeat the action of shrugging on the next rep but rotate the shoulder forward.



PROTRACTION / RETRACTION

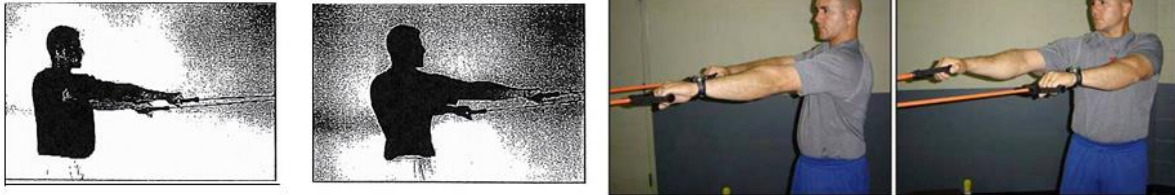
Standing with the arms extended out from the shoulders and put palms down. Alternate protracting the shoulder blades (reach out) and retracting the shoulder blades (pinch shoulder blades together).



TUBING

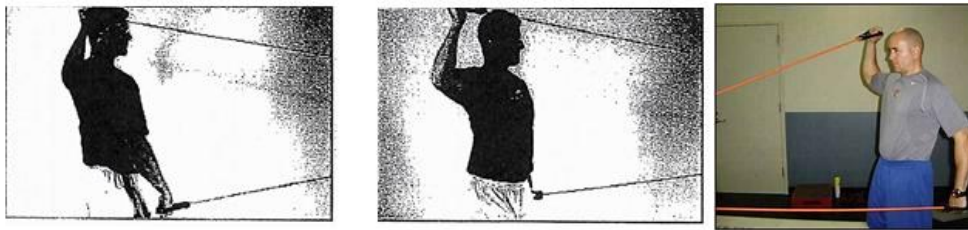
DYNAMIC PROTRACTION / RETRACTION

Alternate arms and reach out, move your feet and work through the hips. Chest up. Attach tubing at shoulder height in front.



DYNAMIC SCARECROW

Start with the arms in a scarecrow position (90/90). One arm down and one arm back, alternate. Attach tubing at the shoulder height in front. Attach tubing at shoulder height in front.



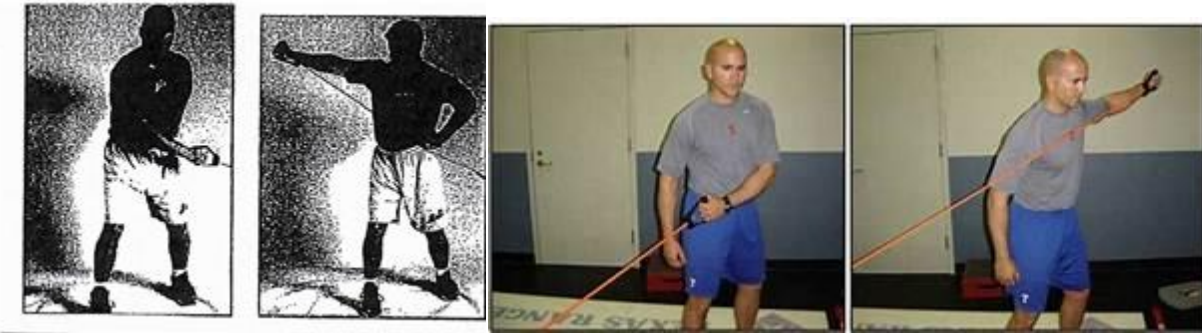
BACK STROKE (SWIM)

Tubing attached in front, stand with the feet parallel. Extend one arm backward and around. Alternate the arms so one arm is going forward while the other is going back.



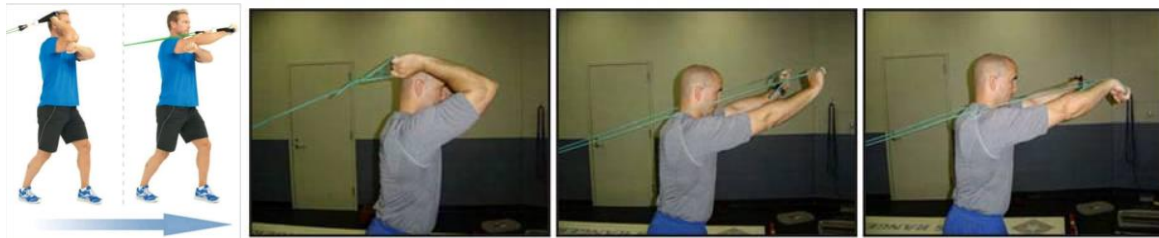
BACKHAND (TENNIS)

Tubing attached in the front at the waist height, stand with the feet in a stride position. Move the tubing using a backhand motion until the arm is fully extended. Return to the starting position under control.



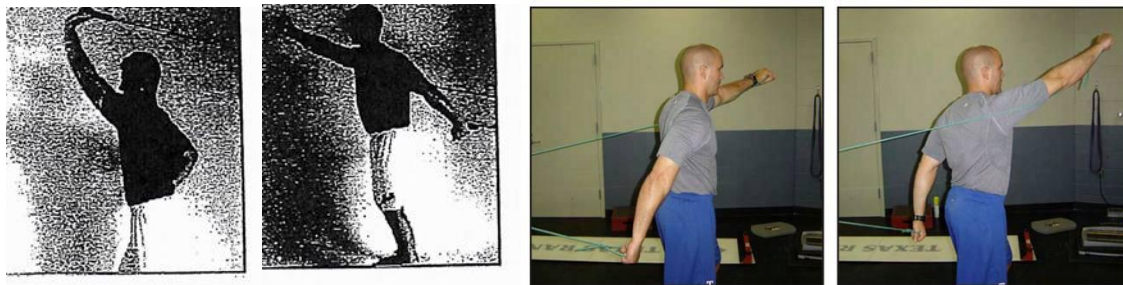
TRICEPS EXTENSION (STANDING FROM WRIST FLICK POSITION)

Tubing must be attached behind and held up as high in the fingers as possible. Extend the arm fully finishing with a flick of the fingers.



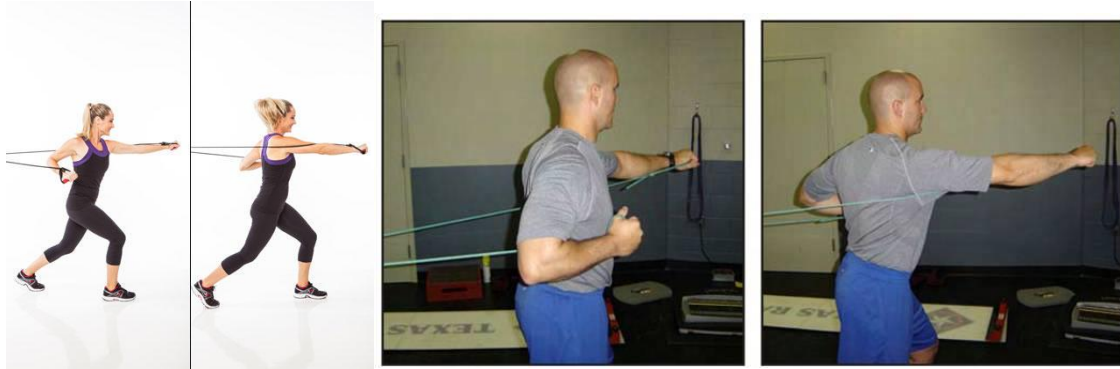
NORDIC ROW

Stride position, arms relatively straight, move arms forward and back like cross country skiing. Attach tubing at shoulder height from behind. Attach tubing at the shoulder height from behind.



PUNCHING

Alternate punching out fully extending the arms. Drive from the hip. Keep the feet moving. Attach tubing at shoulder height from behind.



CORE WORK

The core is key body segment for improving baseball performance and staying injury free. The core consists of the hip abdomen and back. It is the relay center of the body that transfers force from the legs to the arms and shoulders. It is more than the "abs." The most important movements of the core that transfer to baseball are the rotational movement. You will notice that most of the core exercises in the program are done in standing and moving positions because those positions functionally transfer to positions where the game is played. Some components of core training are trained in virtually every training session.

BASIC ROTATIONS

Wide Rotations x 20

Tight Rotations x 20

Over the Top x 20

WIDE ROTATION

Hold a medicine ball or weight plate with the arms extended at waist height. Swing the ball or plate out as wide as possible rotating as far as possible in each direction. Be sure to let the feet move.



TIGHT ROTATION

Hold a medicine ball or weight plate close to the body at waist height. Bring the implement around and touch the back pocket on each side.



OVER THE TOP

Hold the medicine ball or weight plate overhead with the arms extended. Alternate bending right and left.



FIGURE EIGHT

Hold the medicine ball or weight plate out in front of the body. Swing the weight or ball in a figure eight pattern in front of the body.



MEDICINE BALL – ROTATION AND TWISTS

FULL TWIST

A partner is needed for this drill. The partners stand back-to-back, one arms distance apart. The individuals start with feet a little wider than shoulder width. The knees are slightly bent. Hold the upper body erect and stabilize the trunk. The ball is held away from the chest. Partners twist their trunks in opposite directions, i.e., both going to their left. The individual who has the ball passes to the partner. The ball is passed right to right and left to left. The ball remains at chest level. Accelerate and decelerate the ball in a smooth and controlled manner.



HALF TWIST

A partner is needed for this drill. The partners stand back-to-back, one arms distance apart. The individuals start with feet a little wider than shoulder width. Knees are slightly bent. Hold the upper body erect and stabilize the trunk. Ball is held away from the chest. The partners twist their trunks and pass the ball. The ball is passed from the right side of one partner to the left side of the other and vice versa. The ball remains at chest level.



HALF CHOP

Start standing, feet parallel with the ball held high above one shoulder. Use a downward chopping motion to swing the ball down outside the opposite knee. Return the ball to the starting position and repeat the motion to the opposite side.



SOLO MED BALL SIT UP (TWO POSITION - RIGHT & LEFT)

Sit in a straddle position with the knees bent at forty-five degrees. Hold the ball extended overhead. Then sit-up and twist while touching the ball to the floor outside the leg. Return to the starting position sit-up and twist to opposite side and touch the ball to the floor.



MEDICINE BALL – WALL THROW SERIES

OVERHEAD THROW

Start in a comfortable position with feet a little wider than shoulder width, knees slightly bent. Hold the upper body erect and stabilize the trunk. The ball is in a position overhead with arms extended. Extend the legs and the back and throw the ball forward against the wall. When catching the return throw, allow the weight of the ball to stretch you back into starting position. Immediately repeat the action.



WALL THROW SERIES

Overhead Throw	X 20
Soccer Throw	X 20
Chest Pass	X 20
Side to Side	X 20
Down the Side	X 20
Around the Back	X 20

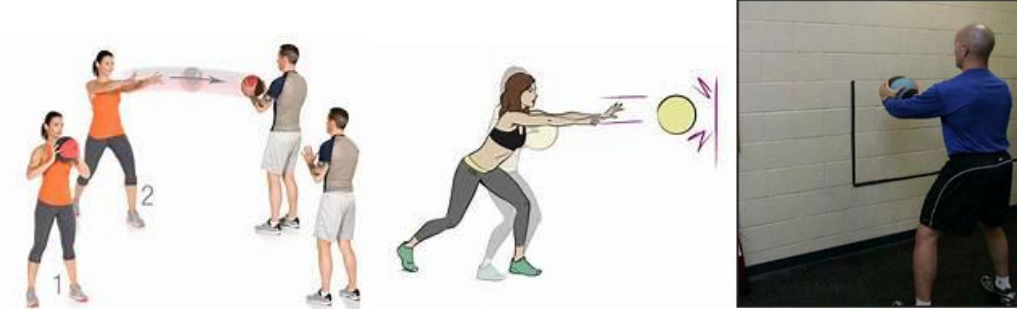
SOCCER THROW

Start with feet a little wider than shoulder width apart, knees are slightly bent. Hold upper body erect and stabilize the trunk. The ball is in a position behind the head with bent elbows. Bend slightly at the knees and arch the back while bending arms further behind the head. Begin to bring ball forward by using legs, hips, and back. Throw to a partner or a wall.



CHEST PASS

Start with feet a little wider than shoulder width, knees are slightly bent. Hold upper body erect and stabilize the trunk. The ball starts in a position at the chest with bent elbows. Bend slightly at knees and then extend the legs and arms while passing the ball to a partner or bouncing the ball off a wall.



STANDING SIDE TO SIDE (CROSS IN FRONT)

The individual starts in a comfortable position with feet a little wider than shoulder width. Knees are slightly bent. Hold upper body erect and stabilize the trunk. The ball is held at a waist high level just off the hip. Rotate the trunk to the side. Uncoil and pass the ball to a spot on the wall at navel height. The ball should bounce off the wall so it can be caught on the opposite hip. Repeat the throw-back to the other side.



DOWN TO THE SIDE (STAND FACING THE WALL)

The ball is held at a waist high level off the hip. The individual rotates their trunk to the side. Uncoil and pass the ball to a spot on the wall even with the same side hip. The ball will bounce off the wall forcing the partner to twist to the same side the ball is caught. (Throw to wall or another person)



AROUND THE BACK (STANDING BACK TO THE WALL)

Stand with the back to the wall, arms distance away. Pass the ball around to one side bouncing the ball off the wall. Catch the ball and rotate to the opposite and repeat.



MEDICINE BALL – TOTAL BODY THROWS

POSITION PLAYER TOTAL BODY THROWS

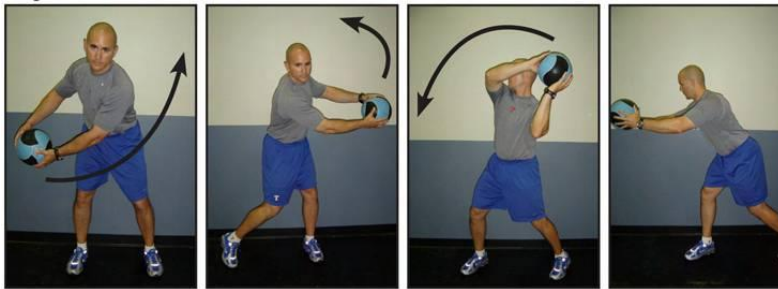
OVER THE BACK	X6
FORWARD THROUGH THE LEGS	X6
SQUAT THROW	X10

PITCHER TOTAL BODY THROWS

STRIDE AND THROW	X6 EACH SIDE
STEP AND THROW	X6 EACH SIDE
BALANCE STEP AND THROW	X6 OFF EACH FOOT
OVER THE BACK THROW	X6
FORWARD THROUGH THE LEG	X6
SQUAT THROW	X10

STRIDE THROW

Start with the ball in front, swing the ball down, back, and up into a throwing position. Then immediately throw the ball forward on a downward angle.



STEP AND THROW

Step forward while letting the ball go back behind the head to create a stretch, then throw forward and down



BALANCE STEP AND THROW

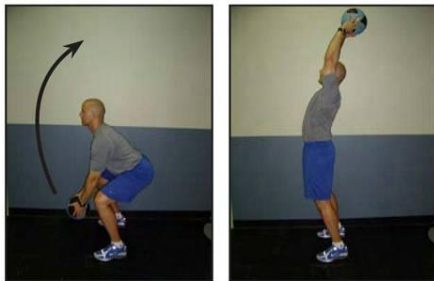
Balance on one leg. Step forward while letting the ball go back behind your head to create a stretch, then throw forward and down.



OVER THE BACK THROW

This exercise simulates some of the movements used when performing a power clean. Stand facing away from the direction of the throw with feet shoulder-width apart and knees slightly bent. Start with the ball overhead with arms extended and then perform the following sequence of movements: 1) set the abs; 2) squat down and swing the ball down between the legs; 3) reverse the movement by extending the hips, legs and arms and throw the ball up and back out over your head. Pick up the ball and repeat.

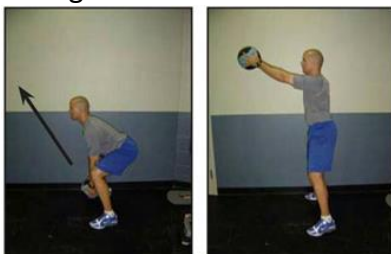
Your goal is to throw the ball as high and far as you can using an explosive movement.



FORWARD THROUGH THE LEGS

Stand facing the direction of the throw with feet slightly wider than shoulder-width, knees slightly flexed and MD ball directly over the head with arms straight. Set the abs and then use the following procedures: 1) squat down while swinging the ball down between the legs; 2) reverse the movement by extending the hips, legs, back and arms and throw the ball up and out forward.

Your goal is to throw the ball as high and as far forward as possible using explosive movements.



SQUAT AND THROW

Stand with feet shoulder-width apart, knees slightly flexed and holding a MD ball at chest height.

Set the abs and then use the following procedures: 1) squat down; 2) extend the hips, legs, back and arms to push the ball up and forward.

Your goal is to throw (push) the ball as high and as far as you can.

Pick up the ball and repeat.



HANGING CORE EXERCISES

FROG KICK

To strengthen the lower core and increase the efficiency of leg / core combination movements.

Start from a dead hand position with your arms and legs fully extended.

Using an overhand grip, hold onto a high bar or brace yourself on suspended arm supports so that your feet do not touch the floor.

Set the abs and draw (raise) both knees up toward your chest as high as possible.

Focus on a slow and controlled movement utilizing your lower abs to lift your hips and thighs upward. Your knees should flex (bend) as you bring them up towards the chest.

When your upper thighs are at least parallel to the floor, pause and return to the starting position.

Do not use momentum to assist with the lift - do not sway backward and then forward.

Start from a dead hand hang with the arms and legs extended, then pull the knees to chest.

Always keep the arms straight.



TWISTING FROG KICK

This is an advanced exercise that uses the oblique muscles to help rotate the hips and legs as you pull them up and to the side.

Start from the previous position used in the Frog Kick.

Set the abs and then pull hips and knees up knees to chest and twist to one side,

Pause, return to the starting position, and repeat to the opposite side.



BENT LEG EXCHANGE & HOLD

Utilizes a cycling motion of the legs like that used when running

Start from the previous position used in the Frog Kick.

Set the abs and then pull one knee to the chest while keeping the opposite leg extended straight down. When your upper thigh is at least parallel to the floor, simultaneously lower the raised leg and lift the straight leg.

Continue repeating this sequence until the reps are completed.



STRAIGHT LEG RAISE (This is an advanced exercise)

Start from the previous position used in the Frog Kick.

Set the abs and then, keeping both legs straight, raise the legs so they are parallel to the ground. Hold for one count, return to starting position and repeat.

To make the exercise more difficult, alternate raising one leg up straight while keeping the opposite leg extended straight downward.



PHYSIOBALL SERIES EXERCISES

STABILITY BALL (SB) ROLL-UPS

Roll-ups focus on developing strength and stability in the muscles that flex the hip and stabilize the lower core. Beginners should perform these exercises with their elbows on the floor and progress to the straight arm roll-ups depicted below.

Assume a push-up position with arms straight, hands on the floor and knees on top of a SB. Set the abs, tuck (pull) the knees under the chest and pull the SB forward.

Roll ball back to return to the starting position, and repeat.

Keep the back flat and head up on the way up and maintain a straight line from shoulders to feet on the way back to the starting position.



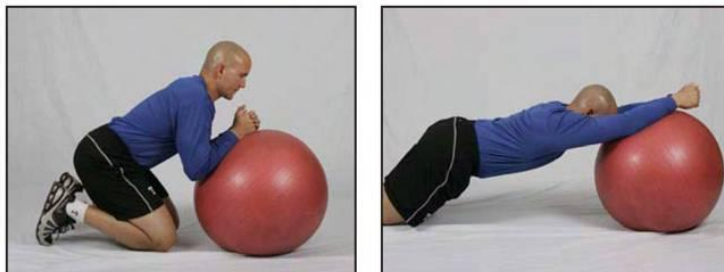
STABILITY BALL (SB) ROLL-OUTS

Rollouts can be performed using a roller, barbell with rolling plates or stability ball (SB). Beginners should start with SB roll-out and gradually progress to an ab-roller or barbell rollouts.

Kneel on the floor or mat facing a SB at arm's length.

Place fists of both hands on a SB with thumbs up. Set your abs, push your hips out and roll forward on the ball until you reach full extension. Keep a straight line between your knees and shoulders and do not let your head sag or look upward. Keep elbows nearly straight throughout exercise. Pull with your hands and return to the starting position.

Movement can be made slightly easier by performing exercise on a larger ball or harder by working on a smaller ball.

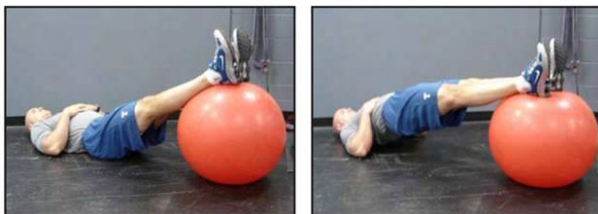


BRIDGE (STRAIGHT LEG)

Bridges work your glutes and to a lesser extent your hamstrings and lower back. Beginners should start with knees bent and feet on the floor and gradually progress to the straight-leg bridges depicted below.

Start by lying face-up on the floor with your arms at your sides and your heels on a stability ball. Keeping your legs straight and your toes pulled toward your shins, contract your glutes to raise your hips so your body forms a straight line from ankles to shoulders. Pause at the top for a two count, return to start and repeat for the prescribed number of repetitions.

Maintain a straight line from your head to your heels, keeping your torso engaged throughout the movement.



RUSSIAN TWIST

This is a good transverse plane exercise that develops stability and strength in the muscles that rotate the trunk.

Sit on a SB with your feet flat on the floor and lean back at a 45-degree angle.

Hold a MD ball or weight plate in front of the chest with the arms extended.

Slowly tuck your tailbone under, curling the spine and walk your feet away from the SB until your head, shoulders and upper back are resting on the ball.

Your knees should be bent to 90 degrees and your thighs and torso should be at or near parallel to the floor. Your knees should be hip-width apart and your feet should be facing forward with your weight evenly distributed through both feet. Set the abs, pull your shoulders down and back to make firm contact with the SB.

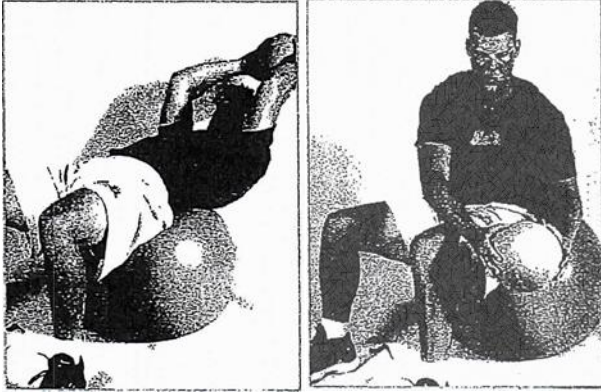
Keeping your arms fully extended over your chest, slowly twist right as far as possible, then twist left as far as possible. Keep your hips and trunk parallel with the floor and avoid the tendency to let your hips drop down. Push your feet into the floor and hips towards the ceiling to help maintain stability and control.

(Beginners can also sit on SB and do side to side movement)



TWO POSITION SIT-UPS

Lying on the SB with a medicine ball or weight plate extend out straight behind. Sit-up and bring the ball forward and touch the outside of one leg. Return to the starting position and repeat to the other side.



CONDITIONING

SPEED ENDURANCE 1

Distance: 30 to 60 yards.

Recovery: 30 sec to one minute between runs.

This consists of 90% to 95% effort sprints for the prescribed distance. To get maximum benefit, the prescribed recovery is necessary.

1. 3 - 4 sets of 4 x 50 yards @ 90% on 60 second cycle
2. 2 - 3 minutes between sets
3. 1 x Fast 110 yards
4. Short Hills (50 yards) @ 95% with 75 second's rest

SPEED ENDURANCE 2

Distance: 100 to 440 yards.

Recovery: Three to five minutes between runs.

This consists of 90 % to 95% effort runs for the prescribed distance. To get maximum benefit, the prescribed recovery is necessary.

1. 1 x 300 yards
2. (10 -12 minutes recovery)
3. 1 x 200 yards
4. Long Hills (120 yards)

AEROBIC ENDURANCE 1

Distance: 110 to 440 yards or continuous runs up to 40 minutes. Recovery: 30 seconds to 3 minutes between runs or heart rate to 120 - 130 beats per minute. This consists of 60% to 80% effort runs for the prescribed distance. To get maximum benefit, the prescribed recovery is necessary.

1. 30 / 30 's
30 second run (70 % effort) 30 second jog recovery.
2. Fartlek (Speed Play – fast running mixed with periods of slower running)

The workouts should vary from 30 seconds to two minutes.

Run with a hard effort. Jog for recovery.

Continue to alternate in this manner until the total time objective is complete.

3. Recovery Run
20 minutes at a steady comfortable pace. Run on grass or dirt - stay off hard surfaces.

AEROBIC ENDURANCE 2

Mixed aerobic and anaerobic work

Distance: 110 – 440 yards

Recovery: 1 – 5 minutes between runs or a heart rate to 120 – 130 beats per minute. This consists of 80% - 90% effort runs for the prescribed distance. To get maximum benefit, the prescribed recovery is necessary.

1. Repeat 100's or 120's
Start with the 100's in 20 seconds and the 120's in 22 seconds with 45 seconds of rest between runs. The goal is to bring the time of the prescribed run down each week while still maintaining prescribed rest intervals.
2. 330 yards – 2-minute recovery
3. 220 yards – 2- minute recovery
4. 150 yards - 90 second recovery

SPEED

Speed is one of the five basic tools in baseball and the only one that can be used on both offense and defense. All things being equal the athlete who has better speed will be the better player. How fast you run is a function of both genetics and training. Genetics sets your upper limit. Training determines how close you come to reaching your genetic potential. Speed can be improved through systematic directed work. The following drills are designed to work on the two primary components of speed for baseball, starting ability and acceleration.

KEY POINTS OF OUR SPEED PROGRAM

The Ultimate Goal: “Accelerate low” and be aggressive in the first 10 yards to achieve top speed as efficiently as possible. Baseball running mechanics (i.e., crossover step and infield/outfield footwork) are an extension of basic sprint mechanics. We will progress straight line speed progressions to become powerful runners in stride. Our agility programs will incorporate the multidirectional movement skills necessary to transfer our speed into baseball situations.

STARTING DRILL: LEAN, FALL AND SPRINT

Stand tall with your feet at hips width (no wider), and your weight slightly forward onto the mid foot. This will put your hips slightly in front of your ankles. Your shoulders and hands are relaxed, and your head is in a neutral position with the chin down. Set your abs and tighten your glutes. Lean forward from the ankles and “Fall Forward” with your shoulders in front of your hips

Take a short first step and let your foot come down under your hips to prevent over-striding. Each step should get progressively longer until top speed is achieved. Keep your elbows close to your sides and bent at approximately 90° on the way up and let them open slightly (about 105° on the way back. Move your hands forward and backwards from “Cheek to Cheek” – move your hands forward to the height of your face cheeks and backwards just past your pocket (butt cheeks).

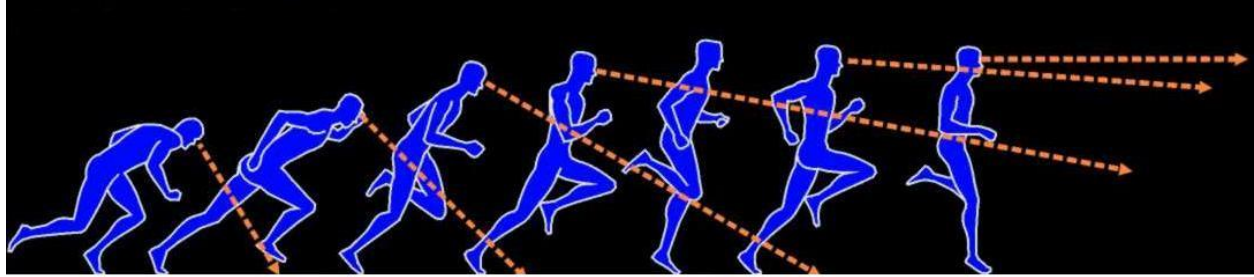
Keep your head straight from the neck and your eyes down for three steps, and then slowly raise your head up over the next three steps.

BASIC SPRINT MECHANICS

Stand tall with the feet at hips width (no wider). Slightly displace weight forward so the weight is on the mid foot. This will put the hips slightly in front of the ankles. Shoulders relaxed (not shrugged). Head in a neutral position with the chin down. Tight stomach and tight butt- “Lean Forward” from the belly button- “Fall Forward” with the shoulders in front of the hips - “Take a Short first step” and naturally let the foot come down under the hip (not overstriding) Each step should get progressively longer until top speed is achieved “Smooth Arm Action” with the elbows at 90 degrees along the sides of the body and the hands relaxed.



LEAN-FALL-RUN SEQUENCE



ARM ACTION DRILLS

The goal of the arm action is to add to the propulsion of the body forward in stride. The focus of most arm action drills is to create movement in line with the body.

ARM SWING AND POSTURE

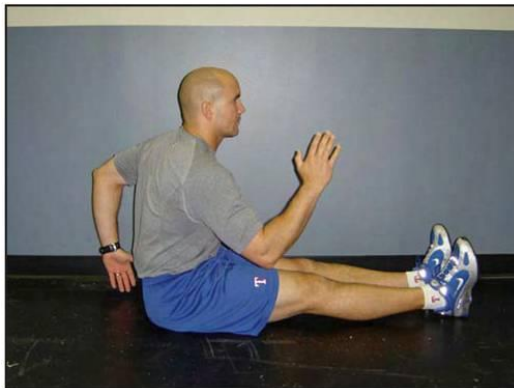
1. Eyes focused straight ahead
2. Head in line with the spine
3. Face relaxed – No tension – Mouth relaxed
4. Shoulders down (long neck) and relaxed
5. Smooth forward and backward action from the shoulders
6. Elbows at 90° at all a times – Driving back
7. Back straight (not hunched)
8. Abdominals braced (tight, but not pulled in)
9. Wrists move from shoulder height to hip height
10. Arms brush lightly along side the body
11. Hands relaxed
12. Fingers loosely curled
13. Thumbs pointed upwards

AVOID

1. Excessive movement at the elbows – Extending beyond 90°
2. Swinging the arms across the midline of the body
3. Excessive twisting of the torso
4. A wide arm swing away from the body
5. An arm carriage that is too high (shrugged up)
6. A stiff, abbreviated arm action

ARM SWINGS – SEATED DRILL

1. Sit up straight with the legs extended
2. Begin with one arm bent in front of the face and the other in back
3. Alternate the arms from the shoulder
4. Hammer the elbow down and back
5. Barely miss the ground with your knuckles
6. Always see a hand in front of your face
7. The tempo is correct if your butt bounces off the ground
8. Perform sets of 10 sec for maximal speed
9. The seated position emphasizes the need for an upright posture!
10. Arm Swings- Standing Drill
11. This is an identical drill to the seated arm swings above, but the start position is standing with the feet hip width apart.
12. Perform sets of 10 sec for maximal speed
13. The standing position requires that you engage your core to remain stable in the movement.



ARM SWINGS- STANDING DRILL

This is an identical drill to the seated arm swings above, but the start position is standing with the feet hip width apart. Perform sets of 10 sec for maximal speed

The standing position requires that you engage your core to remain stable in the movement!

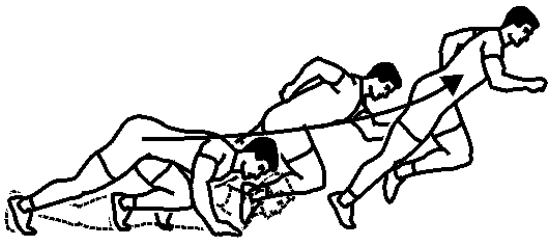


QUICK STARTS & ACCELERATION DRILLS

PUSH-UP START

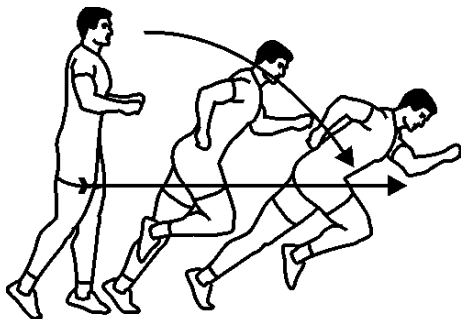
The drills are listed in the order they appear in the position players speed conditioning program:

1. Push-Up Start
2. Start in a face down lying position
3. Start on a command or on your own
4. Push up and drive forward into a full sprint
5. This drill improves forward drive and introduces the forward lean body position
6. Perform sets of 10-30 yds



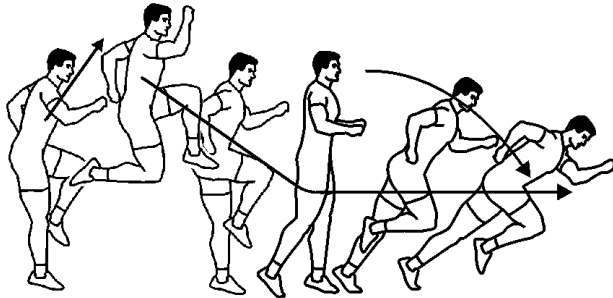
LEAN-FALL-RUN (LFR) OR PARTNER LFR

A partner is needed for this drill. With no partner follow the directions at the bottom. Execute a lean and fall and have the partner catch (holding you at a forward angle). The partner will hold you from the front using both hands on both of your shoulders. Hold the position for a two count, and the partner will step aside and release. Upon release, you will drive the up-foot down and accelerate forward into a sprint. This drill enhances first step quickness, body position, and leg-drive. Perform sets of 10-30 yds
(With no partner, complete the LFR progression as in the picture below)



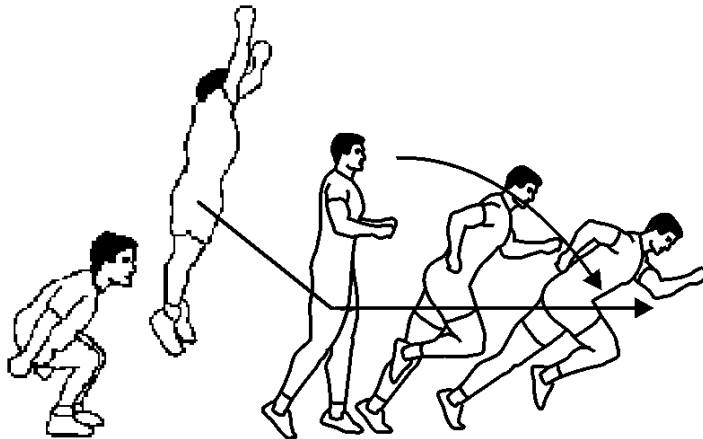
BOUND INTO A SPRINT

Bounding is leaping from one foot onto the other moving forward. Upon landing, drive upward and forward with the opposite arm and leg. Fall forward and swing the trail leg through to progress into the sprint. This drill improves power in stride and postural control with added momentum. Perform FOUR alternating leg bounds and progress into a 10-30 yds sprint. Alternate the take off-leg you begin with from rep to rep.



SQUAT JUMP & SPRINT/ DOUBLE JUMP & SPRINT

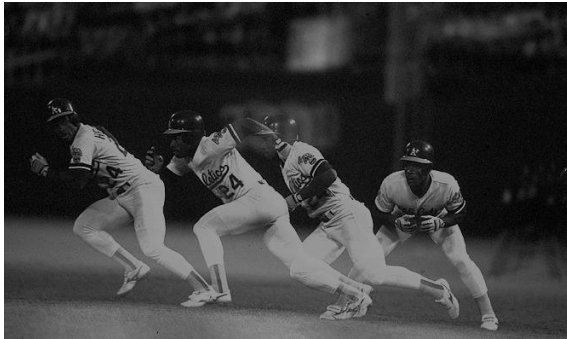
This drill is the combination of a squat jump and the LFR progression. Perform a quick and explosive squat jump (from both feet) extending the arms overhead. For the Double Jump version, repeat the squat jump in sequence. Upon landing on one leg, drive upward and forward with the opposite arm and leg. Fall forward and swing the trail leg through to progress into the sprint. This drill enhances the reactive nature of our muscles to produce power. Perform ONE or TWO jumps (according to the program) into a 10-30 yds sprint. Alternate the landing leg leading into the sprint from rep to rep.



BASEBALL START

Start in a base running position as if leading off first base. Execute a cross overstep with the left foot. Exchange the arms, pulling the right elbow back and driving the left arm forward. Rotate the torso in line with the hypothetical second base. Make sure to get the left foot down to create a favorable forward angle to drive off. Stay low throughout the entire crossover and initial acceleration phase of the sprint. This drill is progressing the skill of initiating forward lean from a lateral stance.

Perform sets of 10-30 yds



TRACK START

Kneel on the ground with the right foot forward and the knee of the left leg lined up with the heel of the right foot. Rise up from that position maintaining a bend at the ankle and knee. Bend forward at the waist with the right arm forward. Drive out of this position by extending the ankle, knee, and hip. Drive the left arm back and the right arm forward. Get the left foot down to create a favorable angle to drive off.



AGILITY

Agility is fundamentally multi-directional speed, and is important for baseball players to perform well running and in the field. Agility requires the ability to recognize, react, start (or accelerate) quickly, control tempo, change direction efficiently, and maintain body control throughout a variety of movements. Agility training is made up primarily of two types of drills: Footwork Drills and Change of Direction Drills.

FOOTWORK DRILLS

The purpose of footwork is to get the player in the right place at the right time. Because all movement is initiated off the ground, the feet must absorb shock on ground contact and then use those forces to propel the body in the desired direction. Footwork drills can be broken down further into hopping and stepping movements and are commonly trained using ladder and dot drills. Hopping drills are low intensity plyometrics requiring increased core stability to maintain an athletic posture. Hopping drills focus on absorbing shock and the initial propulsion off the ground. Stepping drills are designed to control the body with the appropriate foot placement. These drills are made baseball specific by incorporating the crossover step (i.e. fielding and baserunning), level changes (i.e. picking up a ball), and footwork patterns similar to covering a base (i.e. pitchers and infielders).

CHANGE OF DIRECTION DRILLS

Changing direction requires players to decelerate and re-accelerate efficiently. On the bases changing direction may mean reversing direction completely. In the field, tracking a fly ball, charging a ground ball, or getting in position to turn a double play or back-up a base will likely always require moving on an angle and adjusting your direction. Every change of direction consists of three important steps:

1. Plant Step – Breaking down and decelerating the body.
2. Transfer Step – Shifting the body weight in the new direction.
3. Acceleration Step – Moving on the adjusted course

Common change of direction drills include the 5-10-5 Pro Agility Test, a variety of cone drills, and the 60-yard shuttle. Changing direction relies on efficient footwork and body control. These drills are considered more intense than the footwork drills in our program due to the increased speed and amount space covered.

KEY POINTS

1. Agility is Speed Work – It should be done when fresh to obtain optimal results. Always perform quality work before quantity work.
2. Plant, Transfer, and Accelerate” – All changes in direction can be broken down into these three steps.
3. Planning – Drills do not have to be done all at one time. They can be distributed throughout a training session. Recovery – Be sure to allow enough rest between drills so that quality is maintained
4. Technique – In the beginning stages technique is more important that speed

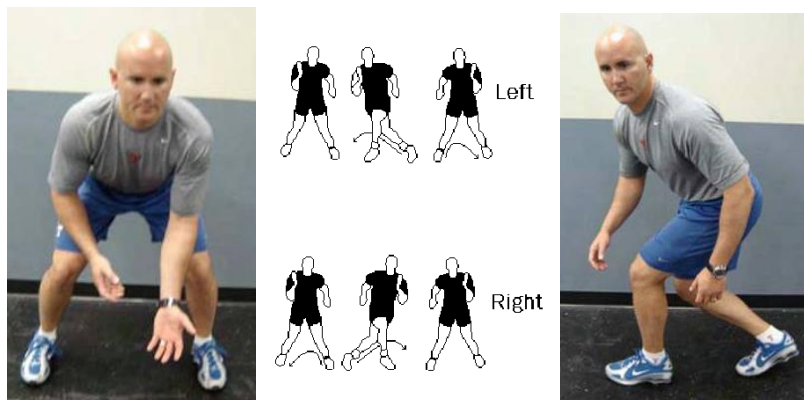
WHEEL DRILL & REPEAT CROSSOVER

The wheel and repeat crossover drills simulate the crossover step used when fielding a ground ball and running the bases. The crossover step is important for efficient acceleration in moving to the side and backwards. When you execute the crossover, you must be low and stay in an athletic position. Standing up on the first step before accelerating is a common mistake that players make when breaking from a base and moving to a batter ball. Another mistake is taking a false or drop step. By taking a drop step you are essentially moving backwards to move forwards.

1. REPEAT CROSSOVER DRILL

From an athletic fielding position, perform a crossover step to the left with your right foot. Reset in your fielding position and repeat the drill by crossing over to the right with your left foot.

Perform 3 sets of 5 crossovers in both directions.



2. DRILL – FIRST STEP ONLY

Set the cones up at a distance of 3-5 yards away from the center point

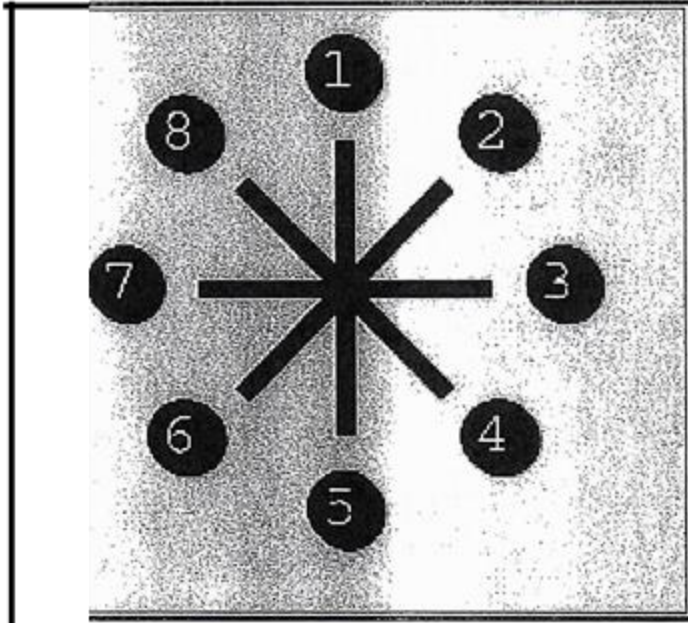
Start in the middle of the wheel where all lines meet, facing the circle in a balanced athletic stance

Step out low and fast toward circle 1 with the right foot; pause for 1-2 seconds and return to the starting position; then repeat the step with the left foot and step back. This is one rep.

Perform one rep at each spoke (circle). One rep at each spoke is a set.

Perform three sets with a 1-minute rest between sets.

Keep your steps short and under control, not long lunge steps, and stay low when returning to the start position.



3. WHEEL DRILL – FULL

Set the cones up at a distance of 3-5 yards away from the center point

Start in the middle of the wheel where all lines meet, facing the circle 1 in a balanced athletic stance

Drive out low and fast toward cone 1 for 3-5 steps, break down into a fielding position, pause for 1-2 seconds and walk back to the starting position

Repeat the drill driving out low and fast to each of the 8 numbers in the wheel.

When you have sprinted to each of the 8 numbers, you have completed one set.

Perform 3 sets with a 1 minute rest between sets.

4. WHEEL DRILL – POSITION SPECIFIC

This is an option for the “Full Wheel Drill.”

Catchers – Start in a catching stance. Simulate throwing off the mask and fielding a pop fly on spokes 4, 5, and 6. Step and drop to spokes 1, 2, 3, 7, and 8 to simulate blocking a ball in the dirt. Perform 3 sets of each simulated situations.

Middle Infield – Step into a fielding position in spokes 3, 7, 1, 2, and 8 in order. Perform 5 sets.

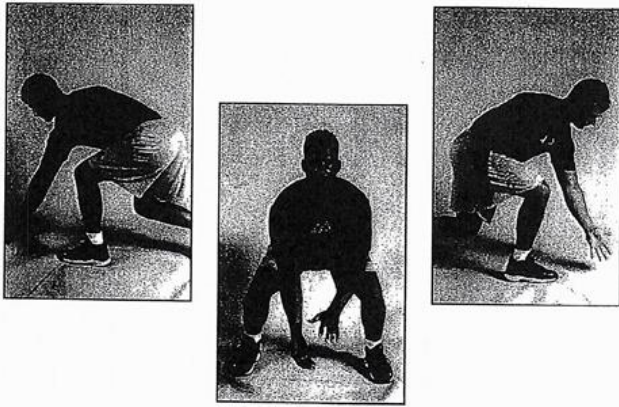
First Base – Step to spokes 1, 3, 7, and 6 in order to simulate reaching for a throw from another player. Step twice to each step. This is one set. Perform 3 sets.

Third Base – Step into a fielding position in spokes 1, 7, 3, and 4 in order to simulate fielding a ground ball. . Step twice to each step. This is one set. Perform 3 sets. Repeat each twice per set

Outfield – Step into a fielding position in spokes 4, 5, 6, and 1 in order to simulate catching a fly ball. . Step twice to each step. This is one set. Perform 3 sets.

REPEAT CROSSOVER WITH SQUARE OUT

Start is a defensive stance. If going to the right drive off the left leg across, quickly follow with the right so that you end up squared off facing the same direction as the starting position. Repeat back to the left.



5-10-5 DRILL & NEBRASKA DRILL

Because these drills require 180° changes of direction, they will challenge your ability to move side to side, and control your body while decelerating and re-accelerating under control. Stay low throughout all changes of direction.

5-10-5 AGILITY DRILL

Start by standing in a ready position just behind the middle cone (Cone A).

Perform a crossover step with your left foot and sprint to Cone B.

When you get to Cone B, touch it, perform a crossover step with your right foot and accelerate, to Cone C.

When you get to Cone C, touch it, perform a crossover step with your left leg and sprint through Cone A.

NEVER turn your back away from the cones when cutting.

The following drills are options for the 5-10-5 drill. Execute one or a mix of the following movements, using the 5-10-5 pattern:

Shuffle to the right from Cone A to Cone B; shuffle to the left to Cone C; shuffle right through Cone A. Do not cross your feet as you shuffle.

Sprint forward from Cone A to Cone B; Backpedal to Cone C; and sprint forward through Cone A.

Backpedal from Cone A to Cone B; sprint forward to Cone C; and backpedal through Cone A.

Perform crossover steps with your left foot from Cone A to Cone B; perform crossover steps with your right foot to Cone C; perform crossover steps with your left foot through Cone A.



5-10-5 MULTI-DIRECTION DRILLS

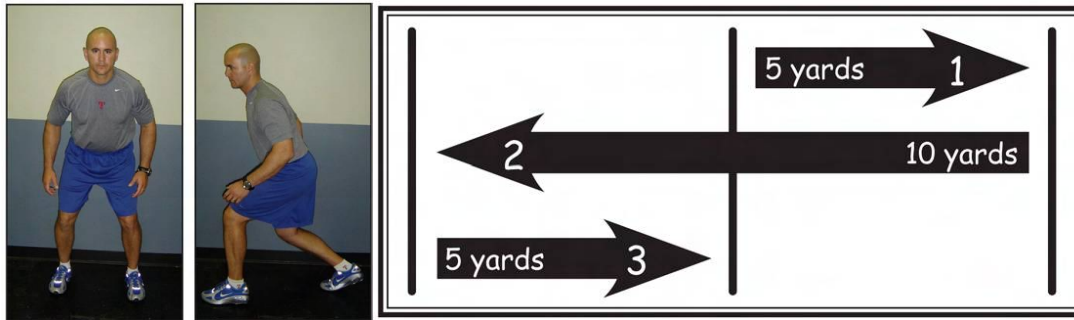
These drills are options for a multi-directional emphasis in the 5-10-5 drill
Execute one or a mix of the following movements, using the 5-10-5 pattern:

Side shuffle (Do not cross feet)

Forward sprint 5 yds, Backward sprint 10 yds, and Forward sprint 5 yds

Backward sprint 5 yds, Forward sprint 10 yds, and Backward sprint 5 yds

Side to Side with a Crossover step (i.e. finish with the normal 5-10-5 drill above)



NEBRASKA AGILITY DRILL

Begin on a course with 2 lines, 5 yds apart.

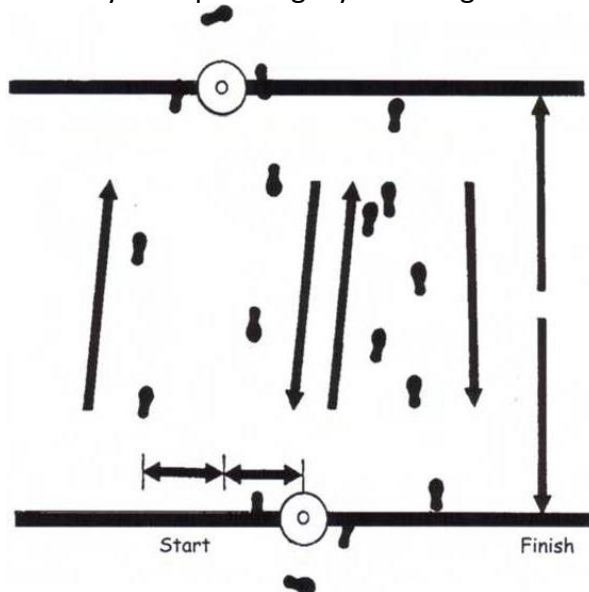
The circles below represent cones

Sprint 5 yds to the 1st cone and round it

Without stopping sprint 5 yds back to the 2nd cone and round it

Then sprint 5 yds to the opposite line and touch it with your hand

Finish by back pedaling 5 yds through the line to finish.



SCRAMBLE UP

Start lying face down with your hands at your sides in a pushup position, scramble up into a defensive stance as fast as possible.



SCRAMBLE OUT & RETURN

Start lying face down with your hands at your sides in a push up position, scramble up and run out five yards and return to the starting position as fast as possible. Execute the drill diagonal right, diagonal left and straight ahead.

QUARTER EAGLE - (FROM A FIELDING POSITION)

Start with a ninety-degree turn the right (keep feet parallel) and return to the start position. From the start position immediately execute a ninety degree turn left and return to the start position. From the start position (face straight ahead) break either right, middle, or left. Be sure to keep the feet, hips and shoulder parallel throughout.



DOT DRILLS & LADDERS

In sports, the feet don't work independent of the rest of the body. Athletes who have quick feet also have quick hips. Our goal is not to train tap or River Dancers. Our goal is to develop athletes who can move their hips and feet as quickly as possible while maintaining body control. Because all movement is initiated off the ground, the following footwork drills will help you learn how to apply force into the ground and then use this force to propel your body the different directions. While there are many dot and ladder drills to choose from, the following drills will help you maintain a low athletic position and/or utilize a crossover step.

DOT DRILLS

Dot drill (single-leg hop). There are four exercise patterns in this drill. Perform each exercise pattern on one leg. Hop from dot-to-dot in each pattern. Perform five reps of one exercise pattern on the right leg and five reps on the left leg. Do three sets of one exercise pattern with a one minute rest between sets and then do the next pattern.

1. M-PATTERN

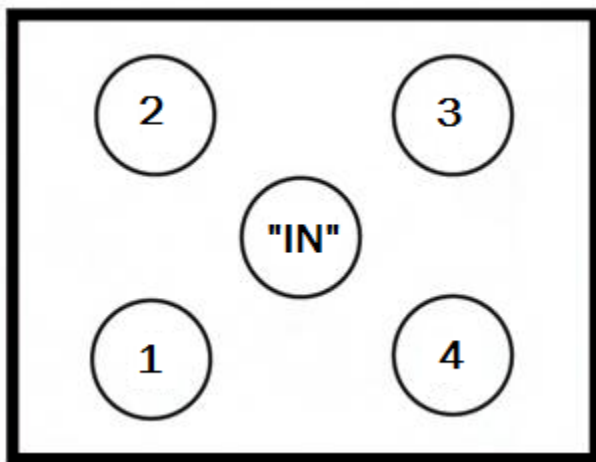
You are going to outline the letter "M" forward and then backwards while hopping on one foot. The sequence of hops in this pattern is (1), (2), (IN), (3), (4), and then reverse the pattern. Start by standing in circle 1 on your right foot.

Hop forward into circle 2; then hop diagonally backwards into circle "IN"; next hop diagonally forward into circle 3 and backwards into circle 4.

Now, reverse the sequence hopping forward into circle 3; diagonally backwards into circle "IN"; diagonally forward into circle 2 and backwards into circle 1.

This is one rep. Do 5 reps and switch legs. Five reps on each leg is one set.

Do 3 sets with a one minute rest between sets.



1. M-Pattern – (1), (2), (IN), (3), (4), then reverse.
2. Around The World – (1), (2), (3), (4), (1), then reverse.
3. Up & Back – (1), (IN), (2), (3), (IN), (4), then reverse.
4. In & Out – (1), (IN), (2), (IN), (3), (IN), (4), then reverse

2. AROUND THE WORLD

You are going to outline a square box while hopping on one foot.

The sequence of hops in this pattern is (1), (2), (3), (4), (1), then reverse the pattern.

Start by standing in circle 1 on your right foot. Hop forward into circle 2; then hop laterally into circle 3; next hop backwards into circle 4 and then laterally into circle

Now reverse the sequence, return to circle 1 and repeat the sequence on your left foot.

This is one rep. Do 5 reps and switch legs. Five reps on each leg is one set. Do 3 sets with a one minute rest between sets.

3. UP AND BACK

You are going to hop diagonally into the middle of the square 2 times in this sequence while hopping on one foot.

The sequence of hops in this pattern is (1), (IN), (2), (3), (IN), (4), and then reverse the pattern.

Start by standing in circle 1 on your right foot.

Hop diagonally forward into circle "IN", then diagonally forward into circle 2; next hop laterally into circle 3 and then diagonally backward into circle "IN" followed by a diagonally backwards hop into circle 4.

Now reverse the sequence and return to circle 1. This is one rep. Do 5 reps and switch legs. Five reps on each leg is one set. Do 3 sets with a one minute rest between sets.

4. IN AND OUT

You are going to hop into circle "IN" on every other hop.

Start by standing in circle 1 on your right foot.

The sequence of hops in this pattern is (1), (IN), (2), (IN), (3), (IN), (4), then reverse the pattern.

Start by standing in circle 1 on your right foot. Hop diagonally forward into circle "IN", then diagonally forward into circle 3; next hop diagonally backwards into circle "IN" and diagonally backwards into circle 4.

Now reverse the sequence and return to circle 1.

This is one rep. Do 5 reps and switch legs. Five reps on each leg is one set. Do 3 sets with a one minute rest between sets.

LADDER DRILLS

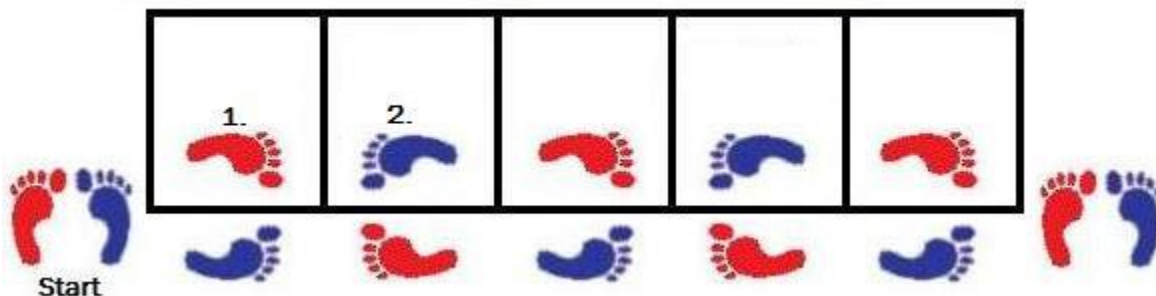
Start slow to perfect the movement skills required for each drill. Gradually increase speed as your technique improves. Stop, slow down and repeat a drill when your technique breaks down. Your goal is to move as fast as you can, not as fast as you can't! Moving fast with bad technique creates bad habits, not better movement. Keep your feet low to the ground on each step and concentrate on getting your feet down quietly.



1. QUARTER EAGLE – TWISTING TWO FOOT JUMPS

The key phrase for this drill is “jump – turn – jump – turn.”

- a. Stand to one side, facing the ladder with your right foot close to the ladder. The lead foot (left foot) is the foot farthest from the beginning of the ladder. Jump and twist the hips a quarter turn, 90 degrees, into the ladder, placing the lead (left) foot in the first square and keeping the trail (right) foot outside the ladder. Jump and twist the hips a quarter turn, 90 degrees, into the ladder, placing the lead (left) foot in the first square and keeping the trail (right) foot outside the ladder.
 - b. Next, jump and twist the hips 90 degrees the other direction, placing the trail (right) foot into the first square, keeping the lead (left) foot outside the ladder. Now, jump and twist the hips 90 degrees and place the lead (left) foot into the second square of the ladder
- Continue this pattern the entire length of the ladder. Keep the shoulders perpendicular to the agility ladder the entire time, alternating each foot to land in the center of each square.
 - For more intensity, perform drill holding a Med-Ball with both hands extended in front of the body. Keep the Med-Ball straight out in front of the body the entire time.
 - Hop 45°-90° so that your opposite foot lands inside the ladder each time.

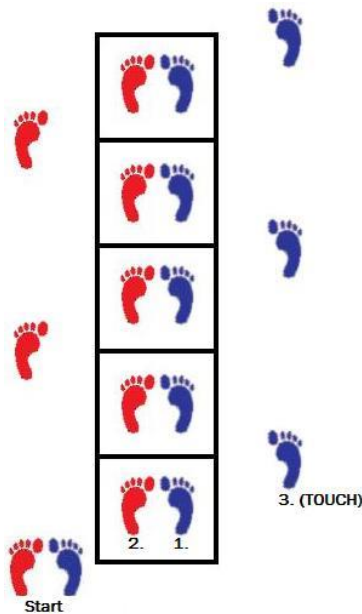


2. ICKY SHUFFLE WITH A TOUCH (Touch the ground with hand on every step outside the ladder)

The key phrase for this drill is “in-in – out – and touch.”

- a. Start from an athletic stance facing down the ladder with your right foot outside the first square.
- b. Use a 1-2-3 rhythm by stepping into the first square with the inside foot (right) followed by the outside foot (left) and then step to the outside of the second square with the right foot.
- c. As you step outside the second square with the right foot, bend down and touch the ground with the right hand.

- d. Next, step into the second square with the left foot followed by the right foot and then step to the outside of the second square with the left foot and touch the ground with the left hand. Continue this three-step pattern and reach for the length of the ladder.
 - e. On the return trip down the ladder, begin with the opposite foot and on the opposite side of the ladder.
 - f. Think of the three steps as in-in-out (the first two steps are inside the squares and the third step is outside the square) and remember that you are alternating feet with each step.
 - g. Keep your feet as low to the ground as possible and keep them moving as quickly as possible – think “explosive stepping”.
 - h. When you have progressed to the point where you can perform this drill quickly, make it more intense by adding a change of direction. Do the drill forwards and then return to start going backwards.
- Alternate feet throughout. Touch your fingers to the ground just outside of your plant foot. Use the same hand as your plant foot.

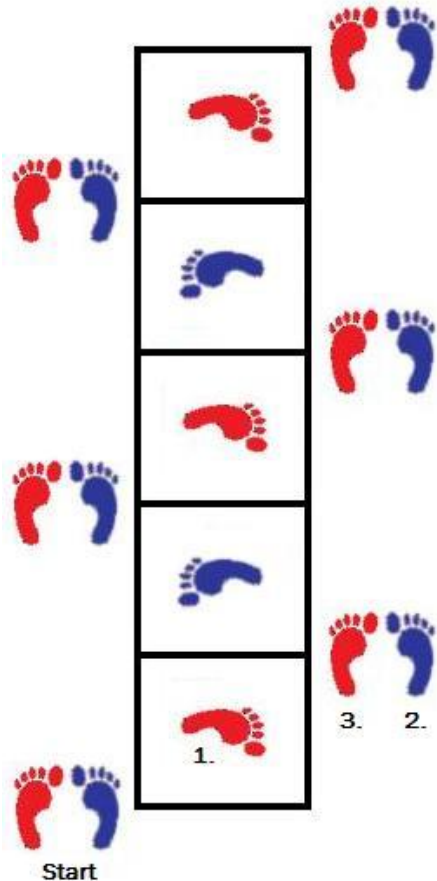


3. CROSSOVER STEP – “THE SNAKE”

The key phrase for this drill is “in – out-out”

1. Start from an athletic stance facing down the ladder with your right foot outside the first box. Use a 1-2-3 rhythm by using a crossover step to step into the first square with the outside foot (left).
2. Then step on outside the box (opposite of the box) with the right foot and then the left foot. You now have both feet outside the first box on the opposite side of the ladder.
3. Repeat the sequence going across the ladder using a crossover step into the second box with the right foot.
4. Then step outside the box with the left foot followed by the right foot.

5. Keep your arms at a 90-degree angle and pump them explosively with each hip turn.
 6. Continue in side-to-side fashion for entire ladder.
- To make the drill more intense, repeat the drill going backwards.
 - Alternate feet throughout – Crossover, Right, Left, Crossover Left, Right



4. DOUBLE ICKY SHUFFLE – TWO IN & TWO OUT

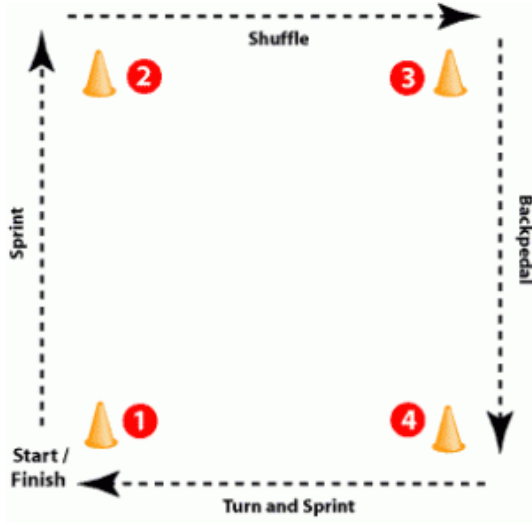
The key phrase for this drill is “in-in – out-out.”

1. Start from an athletic stance facing down the ladder with your right foot outside the first box.
2. Use a 1-2 – 3-4 rhythm by stepping into the first square with the right followed by the left foot and then step to the outside of the second square with the right foot followed by the left foot.
3. You now have both feet outside the first box.
4. Now, step into the second square with the left foot followed by the right foot and then step to the outside of the second square with the left foot and then the right foot.

CONE AGILITY DRILLS

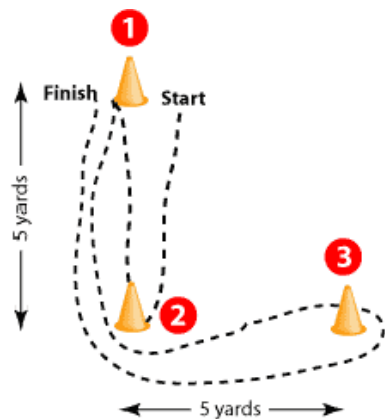
These drills emphasize 45-90° changes of direction. Remain low and athletic throughout each of the drills.

1. 4-Cone Box Drill
2. Start at Cone #1 and run through the full course under control.
3. Start at Cone #1 and sprint forward to Cone #2
4. Shuffle to the right from Cone #2 to Cone #3
5. Backpedal from Cone #3 to Cone #4
6. Shuffle to the left from Cone #4 to Cone #1
7. Move at full speed and under control through the course at full speed.



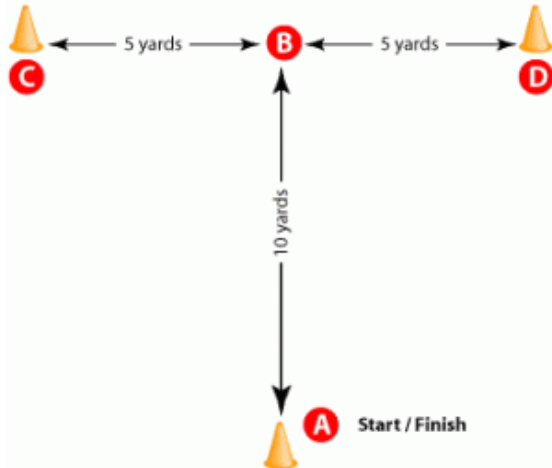
3 - CONE L-DRILL

1. Beginning at Cone #1, sprint from Cone #1 to Cone #2 and back
2. Turn and sprint, tightly rounding Cone #2 and Cone #3
3. Sprint back around Cone #2 and finish through Cone #1



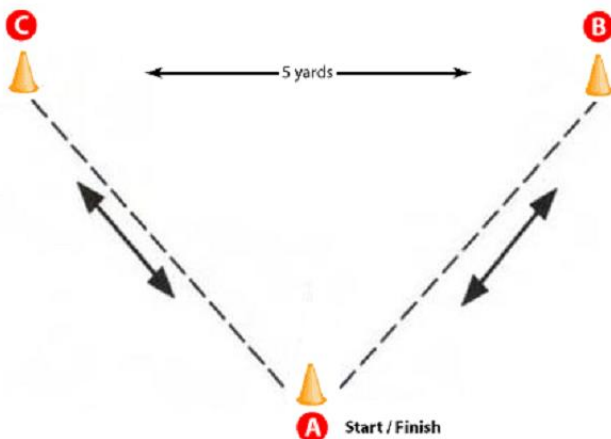
3 - CONE T-DRILL

1. Beginning at Cone A, sprint from Cone A to Cone B
2. Shuffle from Cone B to Cone C
3. Reverse direction, and shuffle from Cone C to Cone D
4. Reverse direction, and shuffle Cone D to Cone B
5. Backpedal sprint from Cone B to through Cone A
6. ALWAYS face the same direction as when you begin the drill



3 - CONE V-DRILL

1. Beginning at Cone A, sprint to Cone B and touch the cone
2. Reverse direction, and backpedal sprint to Cone A
3. Sprint to Cone C and touch the cone
4. Reverse direction, and backpedal sprint to Cone A
5. Repeat 3 times on both sides per set



PLYOMETRICS

This training is designed to enhance explosiveness and total body power by training properties of the muscle. It contributes to greater leg speed, greater jumping ability/power, and, greater force production.

JUMP ROPE ROUTINE

This is the most effective, simplest, and, lowest intensity Plyometric exercise, aimed at improving power, footwork, agility, and coordination.

DOUBLE FEET



SINGLE LEG HOPS



STRIDE JUMPS



CROSSOVERS



DOUBLE LATERAL (SIDE TO SIDE)



JUMP IN PLACE

1. **FORWARD/BACK** - Jump repetitively forward and backward over a line



2. **SIDE TO SIDE** – Jump repetitively from side to side over a line



3. **ROTATIONAL** - Jump from the front to ninety degrees right, jump back to start and then jump ninety degrees left and return to start



HOP IN PLACE

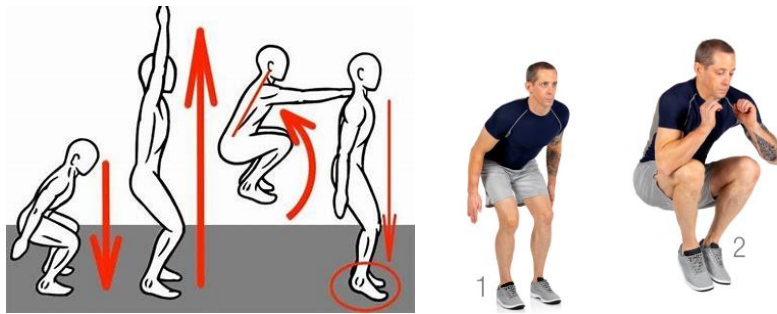
1. Forward/Back - Hop repetitively forward & back over a line. Repeat with each foot.
2. Side to Side - Jump repetitively from side to side over a line. Repeat with each foot.
3. Rotational - Hop from the front to ninety degrees right, hop back to start and then hop ninety degrees left and return to the start. Repeat with each foot

BOUND IN PLACE

1. Forward/Back - Bound out forward off one foot onto the other foot and back to the start . Repeat with the other foot forward.
2. Side to Side - Bound out to the side off one foot back laterally onto the other foot.
3. Rotational (Off one onto opposite foot) - Start with the left foot at twelve o'clock and drive around and back to four O'clock with the right foot, then drive back to the start. Repeat in the opposite direction.

TUCK JUMP

Start with the feet shoulder width apart. Drop rapidly into a squat position, then quickly jump off the ground. Bring the knees up to chest . Tuck the heels under the buttocks. Upon landing, execute the next jump. The tempo is much faster than the squat jump. The cue is to jump as if the ground is hot!



SIDE TO SIDE

Feet wider than the shoulder width apart, push from the right to left to right. Work to maintain width of the base.



CYCLE JUMPS

Start in a stride (lunge) position. Explode up and switch the position of the legs in the air using a cycling action.



PITCHER SQUAT JUMPS

With one leg behind the other on a box or bench explode off the front leg while maintaining the angle of the front leg knee.



MULTI DIRECTION JUMPS

Jump forward, on landing then immediately jump forward turning sideways in the air. Land with the body turned ninety degrees from the take-off, immediately take-off in the same direction while turning in the air to land one hundred and eighty degrees from previous take-off. Immediately jump backwards. Cover as much ground as possible with each jump without compromising the quality of the movement.

LATERAL JUMPS

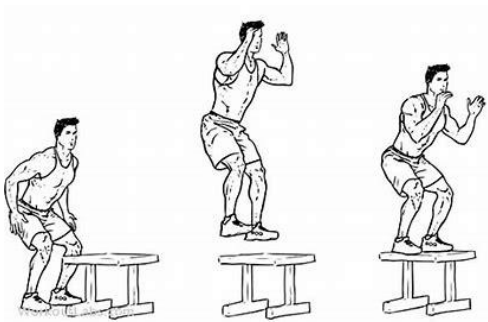
Start with the hands on the hips and the feet shoulder width apart. Jump out as far as possible to the side, repeat the movement in the same direction for the prescribed number of reps. Repeat back in the opposite direction. Emphasize height and distance and short ground contacts with each jump.

LATERAL RESTART JUMPS

Two jumps out to the side and one jump back. This pattern equals one rep.

JUMP UPS

Jump up onto a box or a bench. Emphasize powerful extension of the ankle, knee and hip and a big arm swing.



HOPS

A one foot landing and takeoff, for example repeat takeoff and landing in the following pattern: right, right, right, right, right. Cycle the leg through like a run on one leg. Switch legs.



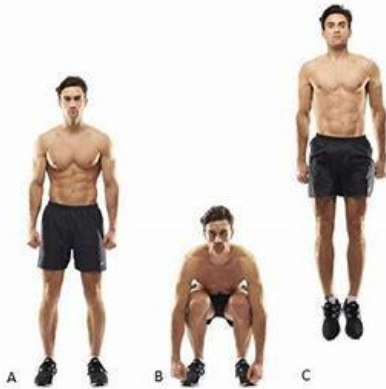
BOUNDS

Alternate foot takeoff projecting the body forward and out. It is important to maintain speed. Bounding is essentially running with exaggerated time in the air.



JUMP SQUAT

Start with feet shoulder width apart. Place the hands at the waist. Squat down until thighs are parallel to the ground then jump off the ground to maximum height. On landing, flex at the hip, knee, and ankle, and immediately go back into a squat position and jump off the ground again without any pause. Land on the ground as softly as possible and take-off as quickly as possible.



ICE SKATER

Stand with feet together. Flex at the hip, knee, and ankle. Jump laterally out onto one leg, using the other leg to push and drive off the ground. On landing with the flex at the knee and ankle, then immediately jump laterally out back to the starting position, using the opposite leg to push off the ground. Repeat the movement side to side. The tempo is one jump per second. Remember to treat the ground as if it's hot!



BASE RUNNING PROGRAM

This program is a game specific way to condition. You can work on your skills of base running using the routines below. The physical goal of this is to incorporate running on an arc. Rarely in baseball are you running in a straight line for long. Conditioning on an arc will better prepare you physically and will lessen your chances of suffering a base running injury (i.e. hamstring strain). There are also a few ways to incorporate arc running if you do not have a baseball field available.

Base Running Conditioning Program

1 rep – Single to Right

1 rep – Single to Left

2 reps – Sprint 1st to 3rd

2 reps – Double

2 reps – Score from 2nd

2 reps – Triple

- 10 Total Sprints – Use walking rest intervals

Other Base Running Options (Choose One)

10 reps – Sprint 1st to 3rd

10 reps – Score from 2nd

8 reps – “Around The Horn”- Sprinting the arc on the grass just past the infield

6 reps – Triples

4 reps – Inside the Park Home Run

- Any of the above programs in the reverse direction



HILL RUNNING & RESISTED SPRINTS

This section explains resisted and assisted sprints for improving speed. Resisted sprinting requires adding weight to the body or running up hill. Resisted sprint programs are designed to increase the strength of the hip extensors and improve sprinting overall power in stride. The purpose of resistance is to recruit more muscle fibers, via a greater neural activation, and improve individual stride length. Assisted sprints are where you are towed or running down hill to run faster than you can normally. The goals of assisted sprints are to achieve higher velocities beyond your current capability, improve stride frequency, and to train the neuromuscular system to maintain higher rates of speed.

KEY POINTS

UP HILL SPRINTS

1. It is the most popular and most cost-effective method of resisted sprint training
2. This drill enhances your overall propulsion power in stride
3. Hill sprints are used to improve starting ability and acceleration
4. Choose a slope of 3-8°
 - Perform sets of 20-30 yds



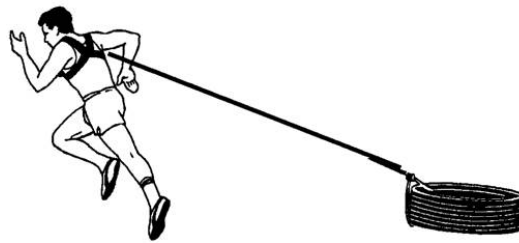
DOWN HILL SPRINTS

1. It is the most popular, efficient, and cost-effective method of assisted sprint training
2. This drill improves running stride frequency – Faster strides = More Speed
3. Choose a slope of only 1-5°
4. Running down a steep grade is not beneficial – Too much braking occurs
 - Perform sets of 30-60 yds



RESISTED TOWING

1. Towing may include pulling a tire, sled, or sand bag
2. This drill improves muscle force output, stride length, and acceleration mechanics
3. Choose a towing load of 10-13% of your body weight
4. Maintain a full stride – Too much weight can alter sprint mechanics negatively
 - Perform sets of 20-40 yds



STADIUMS (OR STAIRCASE SPRINTS)

1. Stadium sprints are an excellent substitute for up hill or resisted running
2. This exercise builds leg strength and endurance
3. Sprint Up – Using single or double steps
 - Walk Down – Safety First



EDLEFSEN BASEBALL

Contact Us:

Brad Edlefsen

612-810-3295

Brad@edlefsenenterprises.com

Steven Edlefsen

952-250-8409

stevenedlefsen@gmail.com

<https://bradedlefsen.com/edlefsen-baseball-academy>